

# BULLETIN

OF THE  
HEALTH DEPARTMENT  
ASHEVILLE, N. C.

No. 12

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

Jan. 1912

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demands* that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



“DEATH—“People die through their ignorance of the laws which govern their existence, and also through their inability or indisposition to obey those laws with which they are acquainted.”

—Hammond.



“HIT AINT no sort o’ use ter tell a pusson how ter do nothin ceptin dey got er little hoss sence ter mix wid der rest o’ der gredunce.”



“THE PHYSICAL condition of the child during his school life is the prime consideration, for without health all else is of no avail.”

—A. E. Alderman, President University of Virginia.





## Health Department City of Asheville

### BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.  
 B. M. LEE, City Engineer.  
 C. W. BROWN, Chairman Finance Committee,  
 B. of A.  
 DR. L. B. McBRAYER.  
 DR. F. J. CLEMENGER.  
 DR. E. B. GLENN.  
 DR. W. L. DUNN.

### SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.  
 C. W. BROWN.  
 F. STIKELEATHER.

### EXECUTIVE OFFICERS.

L. B. McBRAYER, M. D., Health Officer,  
 Phones: Residence, 124; Office, 390.  
 W. H. BIRD, Sanitary Inspector, Phones:  
 Residence, 374; Office, 152; Stable, 294.  
 L. M. McCORMICK, Meat and Milk Inspector,  
 Phone 152.  
 ERNEST ISRAEL, Sewer and Plumbing Inspec-  
 tor.  
 W. FRANCIS, Water Superintendent.

## New Year Resolutions

Have you made yours? Did you include a firm resolution that you would do all in your power to aid in public health work? Had you ever thought that public health work, like charity, should begin at home? Has every citizen of Asheville resolved at the beginning of this new year that he will keep his own back yard clean, and let the back yard include his stable, if he has one, his surface closet, if he has one, his garbage can, etc.? Let every citizen resolve that he will faithfully obey the health laws, and co-operate in every possible way with the Health Department in making Asheville the cleanest, healthiest city in all the land.

If you failed to make these resolutions on the new year, let us suggest that any day in the year is the proper day to make such good resolutions.



We are departing from our usual custom and printing in this issue our

monthly report for December. We are well aware that statistics are not interesting to the general public. But we thought that the citizens of Asheville at least, would be glad to have an idea of what is being done in our Department. This report does not express by any manner of means, the amount of work that is done. For example: You will notice on the report where it simply says "Contagious diseases reported." The following is the method and routine required on receipt of one such report:

A tack representing the disease is placed on a map of the city at the point representing the residence where the disease occurs.

A notice is handed to an inspector who goes immediately and placards the house, giving instructions to the occupants, and gathering such information as regards the source of the disease as may be obtained.

The clerk turns then to the card index of the dairymen furnishing milk to Asheville, charges this case up to the dairy, writes the dairyman a letter giving notice of this contagious disease which has occurred on his route, giving the street, and number, and that he must not leave milk bottles at that house, or if he has left them they must remain until the quarantine is raised and the bottles disinfected.

Then turns to the book where all the contagious diseases are recorded, enters the name of the disease, date of its occurrence, name of the physician reporting same, name of parent or guardian, street, number and residence.

Then notice is immediately sent to the Superintendent of City Schools, of this case of contagious disease, and where located, and he in turn notifies the Principal of the school where the children from this household may have attended, and the Principal of the school likewise notifies the grade



teacher or teachers, so that there may be no possibility whatever of the children entering the school until the time required by law has expired.

When the time for raising the quarantine has arrived, the official fumigator goes to the place and fumigates the rooms, removes quarantine card, returns to the office card filled out with the name of the owner or occupant of the house, number of rooms fumigated, and disease for which the rooms were fumigated. The clerk in turn files this card, turns to the records and notes, date of release, notifies the dairyman of the release from quarantine, notifies Superintendent of Schools of the release, and that any children from the house will be allowed to attend school after two weeks from that date, and takes the pin from the map.

All of this work shows on the report as one case of contagious disease reported.

By reading this report you will notice that there were 1420 calls over our telephone during the month of December. This would indicate that the people of Asheville are using us, and we desire to assure them that that is the reason of our existence, and that we are here to serve our people.



Our Mr. McCormack has just finished the annual tuberculin testing of all the dairy herds that furnish milk to the Asheville market. There are 915 cows in the 32 herds that furnish milk to Asheville, and there were condemned and slaughtered only 2 on account of tuberculosis. This is a fine showing, and is about the usual per centage that are condemned at each annual testing.

Some sections of the country, notably Pennsylvania, show as high as 33 per centage. At this ratio we would have condemned 305 instead of only 2.

We have conducted this tuberculin testing now for 3 years, and the State

Department of Agriculture has been testing out herds in Western North Carolina, and their experience coupled with ours goes to show that the cattle in Western North Carolina are exceptionally free from tuberculosis.

This is checked and corroborated by the post mortem records at the abattoir, where about 5,000 cattle have been slaughtered with almost no evidence of tuberculosis found in post mortem examination.



Plenty of good pure air and its natural accompaniments will cure as many ills among children as medicine.



**\$25,000.00 Worth of Creamery  
Butter Shipped Into Asheville  
From Out of the  
State Every Year**

The statement at the head of this article is true as nearly as can be approximated; and it is worthy of note that this creamery butter sells around 50c per pound, while the farmer in Buncombe County who delivers his butter here weekly is getting from 20c to 25c per pound. There is something wrong somewhere.

1. The farmer does not make as good butter as the creamery.

2. He is unable to meet the demand.

It would seem that both these things are easily remedied. We notice that the Farmers Union of this County has taken steps to establish a creamery. The Press notice stated two creameries, one at Asheville and one at Weaverville. One creamery ought to be sufficient to handle the dairy products of Western North Carolina, especially with the splendid shipping facilities we have at this time. It would seem entirely useless to establish a creamery at Weaverville, because the milk products could be shipped to Asheville



every hour in the day; and it would be impossible to run a creamery at Weaverville without establishing an ice plant for cold storage.

With the railroads running through Buncombe County in four different directions, and with the Weaverville car making a fifth, it would seem that Asheville would be the logical place to establish a creamery, and that this creamery could easily take care of all the milk products within reach of the railroads in Western North Carolina.

In order to meet the demand for butter in Asheville then, the only other problem would be for the farmers to increase the number of cattle kept for milk. If they would procure good stock they would perhaps have no better paying investment on their farms, the milk itself paying in ready cash for all the money invested, and for the time and labor necessary to conduct the dairy. While the cattle would enrich their farms without expense very much better and very much more rapidly than could be done with commercial fertilizer at great expense.

This would seem especially desirable since the Southern Railway has decided that they will encourage this kind of business, and has employed on this account a first class dairyman to lend any assistance possible to the farmers who desire to enter into such an arrangement, and have also fixed a price for the transportation of milk products very much below that being charged by the Southern Express Co.

Along this line I desire to call attention to the splendid work that is now being done by Mr. Curtis Bynum at his White Pine Farms at Fletcher. Mr. Bynum has a herd of Jerseys of his own, and is conducting a dairy and a creamery according to the latest scientific principles. He also uses the milk products of two of his neighbors, each of whom carries a large herd of dairy cows, and quite a number of

other neighbors who carry smaller herds. In addition to this he has started a wagon which goes into the Mills River Section and collects cream over a circuit of about twenty miles. From time to time he expects to extend these collecting circuits in different directions, one of them coming into Buncombe County. He requires that all who furnish milk or cream to his dairy shall have their cows tuberculin tested. This is done by the State Department of Agriculture without expense to the farmer.

Mr. Bynum has already established a reputation for his creamery. He is making a butter the equal of the noted Fox River butter, and is able to compete with that make of butter in this and other markets, both in price and in quality. His butter today is selling on the Asheville market at retail at 45c per pound, while the farmer who delivers his butter once a week is selling it at 20c to 25c per pound. Mr. Bynum has already found market for his butter as far away as Charleston, and finds it difficult at this time to supply the demand for his butter and cream products. He will no doubt extend his sales all over the South as soon as he is able to supply the demand.

What Mr. Bynum has done, the farmers in this County could do by co-operation. Or they could perhaps do worse than get into communication with Mr. Bynum or Mr. Brown of this city and co-operate with them. Another advantage the farmer has in dealing with these gentlemen is that they do not buy his milk and cream by the gallon, but pay for it according to the amount of butter fat contained in the cream, which is much better than the old way. For example: There is more than one dairy furnishing milk to the city of Asheville whose milk averaged for the last month above 5 per cent butter fat, and he is selling his



milk at the same price per gallon as other dairies that only average 4 per cent. to 4½ per cent. butter fat. In selling according to the amount of butter fat, a man gets much more cash out of his milk if he has a good butter fat producing herd than he does if he has a herd composed of scrub cows.

In addition to the help mentioned above that is offered by the Southern Railway through their regularly employed dairyman, the State Department of Agriculture as well as the United States Department of Agriculture are anxious, at any time they can be of service, to send an experienced Veterinary Surgeon and dairyman to teach the farmers the best methods of constructing dairy barns, handling and shipping their dairy products, etc.

We have not space to say more at this time, but we trust this article will serve to call to the attention of the farmers of Buncombe County and Western North Carolina the splendid opportunity in this line that is within their grasp, and sincerely trust that they will reach out their hands and take hold of it, and at least stop the out-flow of the \$25,000.00 per year from Asheville for butter and place this money in their own pockets to the mutual advantage of all concerned.



## Report of the Health Department For December, 1911

### Contagious Diseases Reported:

Scarlet Fever .....	3
Diphtheria .....	10

—  
13

### Quarantines at beginning of month:

Scarlet Fever .....	9
Diphtheria .....	5

—  
14

### Quarantines Established:

Scarlet Fever .....	3
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Diphtheria .....	10
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—  
27

### Quarantines Released:

Scarlet Fever .....	11
Diphtheria .....	10

—  
21

### Quarantines now in force:

Scarlet Fever .....	1
Diphtheria .....	5

—  
6

Small Pox Cases Reported .....	1
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Whooping Cough .....	0
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Measles .....	0
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Typhoid Fever .....	0
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Rabid Dogs .....	0
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Deaths from contagious diseases...	0
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### Laboratory Report.

Throat cultures made for diphtheria	91
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Positive .....	45
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Negative .....	46
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Total .....	91
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### Special Office Report.

Calls, Orders, Complaints, etc., over telephone have averaged 35 per day, or about 900 for the month.

Calls from the office have averaged about 20 a day, or 520 for the month. Total calls over phone 1420.

Cards, notices, etc., mailed out in connection with our T. B. Card index, 103.

Other first class mail sent out during the month, 62 pieces.

No. 7 (T. B.) Bulletins, mailed out 186.

Other Bulletins mailed out on request, 197.

Other Fourth Class Matter mailed out, 26 pieces.

Regular Monthly Bulletin mailed out, 2000 copies.

### Sanitary Inspectors' Report.

By Mr. Ray:

Closet Inspections .....	976
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Stable Inspections .....	170
Yard Inspections .....	1804
Special Inspections .....	75

3025

New Sanitary Closets supervised, 7.  
Complaints turned in, 15, and referred to the proper departments.

Fumigation:

Total number of rooms fumigated.	104
Charity .....	15
Buncombe County .....	2
Schools .....	7

24

Pay Rooms .....	80
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Total .....	104
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Total business during the month \$86.00

Moving Dead Animals:

Horses .....	2
Cows .....	2
Small Animals .....	425

Total ..... 429

Closets cleaned ..... 520

Collected for moving dead animals ..... \$ 7.00

Collected for cleaning closets... 42.50

Collected for miscellaneous... 19.05

Collected for street sweeping... 56.75

Collected for fumigating..... 96.75

Total collections during month \$221.05

Streets sprinkled ..... 25 miles

Streets flushed ..... 95 miles

Trash hauled ..... 410 loads

Leaves hauled ..... 30 loads

Earth hauled ..... 40 loads

480 loads

### Meat and Milk Inspection Report.

The following dairy herds were tested for tuberculosis:

Roads & Greenwood, Fenner Farms	29
R. W. Armstrong's .....	34
Mrs. Maddux, Roseland .....	14
D. S. Hildebrand's .....	25
R. W. Johnson's .....	24

H. L. Carter's .....	26
Wilson & Redmon's, Mt. Range ..	19
J. Greenwood, Reid Farm .....	86
D. M. Calloway's .....	25
I. V. Baird's .....	26
Greenwood & Snyder, Oak Springs	19
N. A. Reynolds' .....	8

336

27 Dairies were inspected.

Dairy wagons stopped in streets and inspected, 92.

Bottles of milk inspected on wagons and condemned for dirt, 13 qts., 11 pts.

Chemical analysis of milk, 36 qts.

Wagons:	Insp.	Wagons:	Insp.
Anandale .....	5	Newbridge ..	3
Biltmore .....	4	Oak Grove...	1
Brown's Creamery	5	Oak Springs..	7
Fairview .....	3	Park Farm...	8
Fenner Farm .....	8	Roseland ....	4
Gashes Creek .....	8	Sunset .....	2
Laurel Springs ...	6	West Bend...	5
Maple Leaf .....	2	Reed Farms..	6
Middlebrook ....	6	Violet .....	7
Mountain Range ..	2		

Abattoir Inspections, 25.

Animals Inspected:

Beeves .....	238
Calves .....	28
Sheep .....	77
Hogs .....	49

Livers and other organs and parts condemned, 268 lbs.

Farmers' Meat Inspections:

Carcasses Inspected:

Beeves .....	45
Calves .....	92
Sheep .....	35
Hogs .....	385

Livers and other organs and parts condemned, 578 lbs.

Creamery Inspections, 4: Insp.

Brown's Creamery .....	4
Hotel Inspections, 1:	
Swannanoa-Berkeley .....	1
Restaurants Inspected, 8:	
Holland Lunch .....	1
Central Cafe .....	1



Cafeterien .....	1
U. S. Cafe .....	1
Crystal Lunch .....	1
N. Y. Cafe .....	1
Silver Moon .....	1
Main St. Cafe .....	1
Club Cafe .....	1
Bakeries Inspected, 3:	
College Street .....	1
Asheville Steam .....	1
Zindell's .....	1

## Meat Markets Inspected, 53:

Insp.	Insp.
Hill .....	4
Kiibler & W... ..	4
Penland .....	4
Hawkins .....	4
Johnson .....	2
D. Hughes ....	1
Black .....	1
C. E. Fore....	1
Swann .....	1
Haynie .....	2
Young .....	1
Swink .....	1
Ledford .....	1
Marlow Bros..	4
Star .....	4
Lutz .....	4
Western .....	2
King .....	1
Teague .....	1
Bryce .....	2
Parrott .....	1
Hyams .....	1
Mitchell .....	2
Rawls .....	1
Ford .....	1
F. Zimmerman	1

## Fish Market Inspections, 10:

	Insp.
Willis .....	4
Acme Fish Co. ....	1
Asheville Fish Co. ....	4
Black .....	1

## Vegetable Market Inspections, 24:

C. Jackson .....	4
Guy .....	4
Jarrett .....	4
Jackson .....	4
Lynch .....	4
Goff .....	4

## Confectionery Inspections, 4:

Ganes Bros. ....	1
Theobolds .....	1
S. M. Ganakos .....	1
Dew Drop .....	1

Note:—A new Scoring System for Bakeries, Restaurants, Hotels, etc. was tried on the establishments of this nature noted above.

The system provides a certain num-

ber of points to each essential feature of equipment and cleanliness, allotting these points in proportion to the relative importance of each item.



### Report of Work Done by the Water Department Under the Supervision of E. M. Israel, Plumbing Inspector, For the Month of December, Nineteen Eleven.

Installed twenty-six water meters.

Repaired, tested and cleaned twenty-nine water meters.

Made twelve water and sewer connections.

Made five water connections only, four sewer connections only.

Renewed 1 inch water line on Catholic Ave. from Grail St. to Haid St., connecting with Grail St. 6 inch water main running 2 inch water pipe 500 ft. long and 1 inch galvanized pipe a distance of about 300 ft. connecting as above on Haid St., and making a complete circulation, and furnishing all the water required for domestic purposes.

Repaired six fire plugs, as follows: One, corner Depot and Roberts, nozzle knocked out of fire hydrant corner of Walnut and Lexington, (replaced); Cherry near Cumberland Ave. leaking on account of not being closed tight. Nozzle replaced corner of College and Oak Streets; nozzle replaced Church Street; hydrant repaired on Charlotte St. (new lining). Repaired also service pipe in street and gate valve, working all night on three places.

Replaced seventeen curb boxes and replaced with new lids.

Flushed dead end in water mains at the following places: Grove Park, Edgemont Road, Sunset Drive, Mountain Street, Sassafras Street, Carroll Ave. Biltmore Road, St. Dunstons Road, Victoria Road, Beech Hill, Buttrick Street, Ocalla St., North Main and Catawba Streets, West St., Win-yah Sanitarium, Fulton and Highland



Sts., Merrimon Ave. (near Coleman), Josephine St., East Hillside St., Dr. Von Ruck's, Reed Street, Morgan Ave. Depot and Palmer, Riverside Park, and Casket Plant.

Repaired one 4 inch meter at Southern Railway tank by replacing new piston, at a cost of \$40.75 for said piston. Same has also had new train gear put in.

The main sewers have also been causing trouble by stoppage caused from roots and various other causes.

Robert St. near Hyatt's store, Short St., 6 inch sewer near Dr. Winston's residence, full of roots. Starnes and Cumberland Avenues, Ocalla St., Depot St. and Patton Ave., Valley St., Mountain St., Cumberland Ave. at Blake St.

Main sewer stopped on Christmas night on Spruce St., backing up and running through sinks in houses Nos. 12 and 14. Main sewer stopped in Eagle and Davidson Sts. Also in alley in rear of Kresses, and at Baird St. caused by roots.

Main sewer stopped in Robert St. stopping line from Park Ave., as well as the main line between Railroad and Robert St. This was one of the worst stopped sewer lines we have had, taking two men three days to clean same.

Unstopped and cleaned the following sewer lines: Short St. in front of No. 47, caused by roots from trees. Park Ave. reported by Mr. Meacham, 104 Montford Ave., 101 and 111 Cumberland Ave., 111 Asheland Ave., M. V. Moore, Cumberland Ave. roots taken out of private main and the Y of main sewer, and brought to office of Health Department, and pictures of same made by Dr. McCormick, same being something out of the ordinary for Asheville. Sewer also from P. H. Thrash's property corner of Southside and South French Broad Avenues, this stoppage also being caused by roots.

Leaks repaired in water mains and service pipe: Southside and Blanton, Hill and Gudger Sts., Depot St., water main on Depot St., College St., South Main, near Goodlake Curve.

Repaired lead connection to bath tub in Fire Department. Wiped twenty-five 5-8 lead connections for tapping mains, and five 1 inch lead connections.

The following have responded to the request for making the proper water and sewer connections:

Col. V. S. Lusk at 41 Pine St.

Dr. Bryan at 42 Pine St.

Eliza Bates at Gaither St.

John Reed, 16 & 18 Blackwell Alley.

Marshall Williams, 17 and 19 Blackwell Alley and house in rear of same.

L. Randall, 26 Jordan's Alley.

Isaac Shade, 20 Jordan's Alley.

Dick Mills, 68 Clemmons St.

Della Cook, 3 Clemmons St.

Julia Forney, 52 Clemmons St.

Dave Brown, 27 Hazzard St.

R. B. Cannon, 5 Sassafras St.

Theo. Green, Haid St., two houses.

Inspection fees collected to and including Jan. 2, 1912, from Dec. 1, 1911, \$25.25.

Notices have been served to connect with the sewer during December to the following parties:

R. H. Bryant, 96 Pine St.

Dick Mills, 68 Clemmons St.

Thos Morris, Eagle and Hazzard.

Tom Latta, Latta St., two houses.

Judge G. A. Shuford, 19 and 20 Latta St.

John Day, Sorrell St.

The Allen Industrial Home School has connected with the Poplar St. sewer, which will do away with surface closets formerly used by said school.

Several others in the East end of the City have had water and sewer connection made preparatory to having said closets put in at an early date.

All of which is respectfully submitted.



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## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 14

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Mch. 1912

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demands* that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



"NOTHING shall warp me from the belief that every man is a lover of truth."

*Ralph Waldo Emerson.*



"MY PEOPLE are destroyed for lack of knowledge."

*Hosea IV. 6.*



"A LAW of nature is as sacred as a moral principle."

*Louis Agassiz.*



A LAW of nature is a law of God.





## Health Department City of Asheville

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 ERNEST ISRAEL, Sewer and Plumbing Inspector.  
 W. FRANCIS, Water Superintendent.

## Children's Playground

We quote below a paragraph appearing in our October Bulletin. In view of the fact that there is a concerted action by all the Civic organizations of the City to establish a playground, we think it worth while to present it again.

"The boy without a playground is father to the man without a job." "Chicago has spent \$11,000,000 in the last ten years, and New York \$16,000,000 in the same length of time, for playgrounds. Wonder if Asheville is going to wait to establish playgrounds for her children until it becomes as expensive as it has been in the cities mentioned?"



We live in a great ocean of air and yet we shut ourselves in and rebreathe a small portion as though we were limited to that.



The dirty mans' motto—"Cleanliness is next to impossible."

When the wily son of Adam garners rubbish in the night,  
 And unloads it in the alley, he incurs the city's spite—

But beware the careless handling of the kitchen garbage pail,  
 For the female of the species is more deadly than the male.

—From R. Kipling—with variations.  
 (Healthologist.)



## The Flies, the Flies, the Horrid Flies

Fly time will be here ere we know it. The Stable Ordinance will be more rigidly enforced this summer than it was last. We bespeak the hearty and intelligent co-operation of every person who keeps a horse or cow. Now is a good time to see that your manure bin is properly constructed. Our inspector will visit your stable every two weeks, and oftener if you are negligent of your duty.

Do not allow flies to breed in your manure pile, and thereby make it necessary for the inspector to have you up before Judge Adams. But if you will not obey the stable ordinance he will do it, or else he will give up the job and let some one take it who will. We would regret it should this become necessary. We do not want to cause you or any one else any inconvenience or annoyance, but you must keep your stable clean.

We give you fair warning. If you are hailed to the police court for keeping a filthy stable, you have no one to blame but yourself.



Maj. Hemphill, editor of the Charlotte Observer says: "The charity practice that is done by physicians all over the country entitles them to the highest commendation of their fellow citizens and the largest rewards that can be bestowed upon them for their kindness to the poor."



## FLY SONG

Ten little flies  
All in a line;  
One got swat!  
Then there were \* \* \* \* \*

Nine little flies  
Grimly sedate,  
Licking their chops—  
Swat! There were \* \* \* \* \*

Eight little flies  
Raising some more—  
Swat! Swat! Swat! Swat!  
Then there were \* \* \* \*

Four little flies  
Colored green-blue;  
Swat! (Ain't it easy!)  
Then there were \* \*

Two little flies  
Dodged the civilian—  
Early next day  
There were a million.  
—Buffalo News.



## Three Elements of Progress

"The great elements of progress in North Carolina are bound up in her educational, agricultural and industrial development. All three are immediate resources to be realized upon at once while we may wait on the others. Develop these three great factors and North Carolina will keep on going ahead," says the Wilmington (N. C.) Star. You must add another and make it four, the conservation of the life and health of our people, for without life and health how can our people keep going ahead?



One of the Superior Court Judges of this State who is clearly alive to the best interests of our citizens has recently, in a county where he was hold-

ing court, called in the Health Officer, the Chairman of the Board of County Commissioners, and the sheriff, and issued an order that the court house should be thoroughly cleaned and renovated. He also made a statement from the bench in regard to the filthy habit of expectoration, and issued an order that any person spitting in the court house would be held in contempt of court, and directed the sheriff to bring any such person before him for disposal of the case. All honor to this Judge. We trust that the other judges throughout the state will follow this splendid example.



"It is estimated that in the State of Pennsylvania alone the damage to the chestnut growing interest as a result of the chestnut blight has up to the present time amounted to \$15,000,000. The State Legislature recently appropriated \$275,000. with which to fight the pest, and at present some fifty specialists are engaged in a campaign to check its spread."

Never find any one who objects to spending large amounts of money to save the trees in the forests, but there are still a few who object to spending money to save the lives of people.



## Our Woman's Civic Betterment League

The people of Asheville in this short time are already under lasting obligations to the Civic Betterment League for what it has accomplished. The Health Committee has gone actively, energetically and effectively to work to enforce the Expectoration Ordinance. An editorial in the Gazette News of February 4th expresses our views so clearly that we quote it in full:

"It ought not to be necessary for a Woman's Civic League, or any sort of league organized to promote the es-



thetic, to cause the enforcement of the laws. There are numerous active and able-bodied policemen employed by the City for the purpose of arresting persons who violate the Ordinances. They are presumed to know what the Ordinances are and to be on the lookout for violations of them.

It is eminently in order, however, for the League to undertake the enforcement of the anti-expectoration ordinance, or any other ordinance that its members deem of especial importance, when it is apparent that so far as the constituted authorities are concerned that ordinance has become a dead letter.

Asheville was a pioneer town in recognizing the danger that lurks in our great American habit of spitting; by the adoption of an ordinance forbidding expectorations on sidewalks and in public places, and now in every city throughout the land there is a law against this practice, and its danger is everywhere recognized.

Ashevillians all know of the ordinance and the average man respects it; but it has been also well known that the ordinance might be violated with impunity."

We doff our hats to the ladies, extend our sincere thanks and bid them good speed.



### **Buncombe County Board of Health at the Foot of the Ladder**

The January issue of the Bulletin of the North Carolina State Board of Health, page 339, gives a resume of the several different County Boards of Health, and the work they are doing. It says that the Buncombe County Board of Health stands with Guilford at the top with things recommended. But in things accomplished it stands at the foot of the ladder, because the County Commissioners would not co-operate with it. In other words, would

not furnish the money to carry out the plans of the County Board of Health.



### **Practical Prevention of Typhoid Fever**

"Among the important lessons of the work in Yakima County, Washington, are, first, that typhoid fever in the average community in the United States can be practically eliminated by carrying out reasonable and comparatively inexpensive measures; second, that the community itself must bear the greater part of the burden, and that in this the first requisite is the appointment of an expert, full-time health officer at an adequate salary (a salary of five thousand dollars per annum was provided for the health officer of Yakima County); third, that the expert assistance and advice of the national public health bureau are almost invaluable in organizing local health work. Were Congress to make it possible for this bureau to put even as many as one hundred men into the field for typhoid work, and were they to succeed in securing the co-operation of the local authorities as did Lumsden at Yakima, the increased expenditure would be insignificant in comparison with the resulting saving of health, life and economic resources.

It is gratifying to be able to record for the same year in the United States two notable achievements in sanitation as regards typhoid: the one, in the spring, in the army encampment on the Mexican border, when, under military discipline, the maintenance of excellent hygienic conditions, together with antityphoid vaccination, kept some 12,000 troops practically free from typhoid fever; the other, in the summer and fall, in North Yakima, where, under civil administration and through awakening of intelligent public sentiment, measures were carried out which eradicated 87 per cent. of the typhoid



fever of a community of about 45,000 persons.

Emphasis should be placed on the fact that the work in Yakima County, like that of the eradication of plague in San Francisco and of yellow fever in New Orleans, was carried out in the absence of the military control which facilitated the marvelous work of the United States in Cuba and Panama—a fact which brings the work and its lesson very near home.”

(Journal A. M. A., March 9, 1912.)

If Buncombe County would pay a salary of \$5,000 per year to their county health officer, they could get a man who would do things, and they could not spend the money of the people to so great advantage in any other way. The Supreme Court has over-ruled the decision of Judge Peebles and says that we have a Board of Health here in Buncombe County, and in every other County in North Carolina. It is time our County Board of Health was doing something. How much longer now will the County Commissioners keep their hands tied?

The United States is anxious to help organize the County health work in Buncombe County; the Rockefeller Commission is anxious to help organize the county health work in Buncombe County, and an able representative of the Rockefeller Commission is anxious to come here at this moment and help organize the county health work; the State of North Carolina through the Secretary of its State Board of Health is anxious to help organize the health work in Buncombe County; the Buncombe County Board of Health has done its part towards organizing the health work of Buncombe County, and is ready to go forward. We only need the co-operation of our Board of County Commissioners. Mr. Commissioners won't you please let us save the lives and preserve the health

of your voters, their wives and children?

✱ ✱

### Robeson County to the Front

“Robeson County,” says the Lexington Despatch, “has just elected a County Superintendent of Health at a salary of \$2,500. a year. Robeson County evidently believes that this world is a pretty good place to stay in; Davidson County doesn't care—that is, if it costs anything.” Under the Supreme court's decision, reversing Judge Peebles' decision in re the county health board law, any county can demonstrate whether its people believe it is fit to stay in.—Gazette News.

It is now time for Buncombe County to speak.

✱ ✱

### Trade-Mark

vs.

### Health and Human Life

“A New York dealer in drugs was recently prosecuted for counterfitting the trade-mark of Carter's Little Liver Pills and for selling goods bearing this counterfit mark. He was found guilty, and, although it was the first offense, the court refused to impose a fine, but sentenced him to four months' imprisonment in the penitentiary at hard labor without the possibility of commutation for good behavior. Counterfitting, of course, is a serious crime and as such should be punished. Nevertheless, there are more serious crimes, such, for instance, as adulterating foodstuffs, selling putrid material for good or dispensing dangerous, habit-forming drugs, like cocain, in the shape of soft drinks. All these crimes are crimes against the person—against the public health—against the very lives of the people. Although the government officials have brought evidence

sufficient to convict over 1,200 firms or individuals of violating the Federal Food and Drugs Act, and although this act provides that its violation may be punished by imprisonment, yet in not a single instance has the court imposed any sentence more severe than a fine. And the majority of the fines have been trivial to a degree. A Canton (Ohio) concern was convicted of selling a soft drink containing cocaine. The court considered a \$25. fine sufficient punishment. A St. Louis house sold a powder for infants that was said to make "teething" easy; it contained opium. A \$10. fine was sufficient punishment. An "agreeable and efficient tonic" was found to contain cocaine, although the presence of this drug was not stated. In this case the court suspended sentence! Some day, possibly, a court may be found that will consider the crimes of making drug fiends of young people, of poisoning babies with opium mixtures or of killing women with headache powders as more serious offenses than the counterfitting of the label of a fraudulent "patent medicine." Apparently, that time is far off."

—Journal A. M. A., March 9, 1912.



### Real Race Suicide

The tendency to smaller American families has been termed "race suicide." And an increase in the birth rate has been urged to guard against possible race extinction.

If there is danger of race suicide, it lies not so much in the decreasing birth rate as it does in our needlessly high death rate.

If our rapidly advancing civilization has reduced the native birth rate, it has also provided us with life-saving knowledge wherewith to offset it.

Moreover, is it not true that a small family of children will stand a better chance to be properly nurtured and ed-

ucated than a large family of children? Which is the better for our race—a large number of small families, or a small number of large families? Which do you want—quality or quantity?

It is true that the average family is smaller now than formerly, but their number would be vastly increased if we would intelligently apply the knowledge of disease prevention already gained instead of permitting the present appalling and needless destruction of life to continue.

Four out of every ten deaths are due to preventable disease and accident. The saving of these lives would reduce the present death rate from 15 to 9 per 1000 population, and thereby increase the surplus of births by just the number saved, and the offspring of the lives thus saved would increase it still more.

Does such a reduction in the death rate seem impossible? It should not, for it is already as low as ten in at least two states of the union, and is less than ten in Australia and New Zealand.

Our civilization has brought us manifold blessings, but it has also brought out of the past a barbarous contempt for the value of human life which it seems unable to shake off.

Over 113,000 infants (under one year) are destroyed annually by infectious diseases and improper feeding,—both preventable. And the remedy suggested is "more babies"—to destroy.

Which do we need the most, more babies or more humane treatment of those we have?—an increase in the annual supply or a decrease in the annual sacrifice?

The American people are sympathetic and generous in the presence of actual distress. They respond promptly to the call of sudden calamity. Their sympathy and their money go out freely to the victims of earthquakes, floods and conflagrations, and they spend mil-



lions for hospitals and cures, but have only pennies for **prevention**.

When will we learn that the cheapest way to relieve distress is to prevent it?

### "Social Nerve Centers."

Communal manslaughter is a common crime. The guilt of our cities and communities differs only in degree. It is the tax-rate versus the death-rate, and the dollar wins. The opposition of the few who object to the cost or inconvenience prevails over the many who approve, but are indifferent, silent and inert. Health officials lacking funds and public support, naturally seek the line of least resistance, and the communal manslaughter goes on.

Every American community needs "A Social Nerve Center" from which a strong public health sentiment can radiate to every home. One earnest public-spirited citizen can influence at least three or four more, and these can swell the number to twelve or fifteen. Such a group, working in a new or within an existing civic or social organization, can quickly create a popular demand for sanitary reform, and for an effective war against **real** race suicide. If your town already has such a movement, join it. You can help. It is simply a matter of—

### Education! Education! Education!"

—E. E. Rittenhouse, Director of Conservation Department, Equitable Life Assurance Society.

For Asheville we respectfully refer those interested to the Civic Betterment League and Health Department.



### Meat Inspection

"Thousands of people do not know that the United States maintains a meat inspection bureau, but it does, and the figures show that it entails a vast amount of work. The report for

the year ending with June 30, 1911, which has just been issued, shows that during the year inspections were made in 936 establishments in 255 cities, the highest number in the history of the service. There were 53,002,304 animals inspected during the year, including 7,807,712 cattle, 2,214,127 calves, 29,920,261 hogs, 13,005,822 sheep and 54,382 goats. There were condemned for diseases or other unwholesome conditions 117,383 entire carcasses, and 1,009,672 parts of carcasses. Of the nearly 7,000,000,000 pounds of prepared meat food products that were inspected, 21,000,000 pounds were condemned. The amount certified for export was 975,066,000 pounds, an increase of over 150,000,000 over 1910. Prohibitive preservatives and coloring matters were not used, according to chemical analysis made, at any of the inspected establishments."

But for this inspection the people would have been eating all this diseased meat. The United States Government only inspects such meat as is intended for interstate shipment, that is, from the State in which the slaughtering is done to outside state or states. The United States Government has and can have no control over the slaughter of meat for local consumption, that is, for use anywhere within the State in which it is killed. Therefore towns and communities that do not desire to eat diseased meat, must provide for its inspection. This the city of Asheville has done.

From August 8, 1910, when our meat inspection began, to June 1st, 1911, our meat inspection force inspected 3,782 animals for the Asheville market; of these 2005 pounds were condemned, including two whole carcasses.

During the month of February, 1912, there were inspected, slaughtered and sold on the Asheville market, 809 animals; of these 1577 pounds, including two whole carcasses, were condemned.

But for our meat inspection the citizens of Asheville would have eaten 1577 pounds of diseased meat during the month of February.

Is meat inspection worth while in Asheville? Methinks I hear the housewives and citizens of Asheville answer with one accord, YEA, VERILY.

Most soothing syrups and baby cordials contain opium and depend upon this for their soothing effect. Many of them have killed outright one or more babies. Don't kill your baby, and do not make a dope fiend of it. If it is sick send for a physician.

## MOTHERLY LOVE OFTEN BECOMES MOTHERLY MURDER

THROUGH THE USE OF "SOOTHING SYRUPS"

Most Soothing Syrups Are Poisons to Babies

They contain Opium-Opium kills Babies

DON'T DOPE YOUR BABY



## STOP GIVING SOOTHING SYRUPS

If baby is colicky — REMOVE THE CAUSE.

The commonest causes of Colic are—Feeding too often; feeding too much; feeding solid Foods; improperly prepared Foods; dirty or spoiled foods; giving babies candy or Fruits; use of unclean nursing bottles and tubes; indiscretions in diet by nursing mother; ill health of nursing mother; lack of cleanliness of breast, of baby's mouth, in care of baby's food, of feeding Bottles; overwork of nursing mothers; etc.



# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 15

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

April, 1912

"THE conservation of our national resources is only preliminary to the larger question of national efficiency."

—Theodore Roosevelt.



"WE seek the dissemination of information with regard to the practical conduct of life, so as to remove the ills which are due to simple ignorance."

—Ex-Gov. Charles E. Hughes.



OUR National Republican Convention has declared for a National Department of Health, and increased and more effective health work.



THE State Republican Convention of North Carolina has declared for the increase of public health work in this State, and thereby declared that it believes that the human beings who live in our state are at least of equal value with the farm animals.



PRESIDENT TAFT in two separate messages to Congress recommended the establishment of a National Department of Health.



## Health Department City of Asheville

### BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.  
 B. M. LEE, City Engineer.  
 C. W. BROWN, Chairman Finance Committee,  
 B. of A.  
 DR. L. B. McBRAYER.  
 DR. F. J. CLEMENGER.  
 DR. E. B. GLENN.  
 DR. W. L. DUNN.

### SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.  
 C. W. BROWN.  
 F. STIKELEATHER.

### EXECUTIVE OFFICERS.

L. B. McBRAYER, M. D., Health Officer,  
 Phones: Residence, 124; Office, 390.  
 W. H. BIRD, Sanitary Inspector, Phones:  
 Residence, 374; Office, 152; Stable, 294.  
 L. M. McCORMICK, Meat and Milk Inspector,  
 Phone 152.  
 ERNEST ISRAEL, Sewer and Plumbing Inspec-  
 tor.  
 W. FRANCIS, Water Superintendent.

## MEASLES

Easiest disease communicated.  
 Always dangerous.  
 Sends many to the grave.  
 Lack of quarantine spreads it.  
 Expose no unprotected person to it.  
 Sensible mothers protect their children  
 from this and all other diseases.



Measles is a preventable disease. There were forty-four cases reported in Asheville during the month of March, and three deaths. We are quite sure we have had more than a hundred cases, which means that a good many of the cases did not have a physician and were not reported to the Health Department Office, and that a great many of the physicians neglected to report their cases.



Never expose a child to measles. It is a crime to do so. You may kill the child."

The following is from the Chicago Health Bulletin, and very timely:

It is an extremely contagious disease.

In the ninth century measles was believed to be a mild form of small-pox.

The germ of measles has not been discovered.

Measles is a disease of childhood, but adults are not infrequently attacked.

It is a very fatal disease among the very young—95 per cent. of measles deaths occur in children under five years of age.

It is also very fatal to adults when assembled in military camps under unsanitary conditions.

It is most prevalent in the winter and spring months, April and May averaging the highest.

The contagion is probably present in the particles of mucus in the secretions of the mouth and nose.

The cause is present in the blood during the first week. It can be transmitted to monkeys and from monkey to monkey by injecting the blood drawn from a patient during the first few days of the disease.

The disease is contagious before the eruption appears. A child in the first stages of the disease, when the catarrhal symptoms are the only signs visible, may be an active spreader, especially if attending school.

A "feverish cold"—sneezing, running at the nose, red and watery eyes, and cough, are the early symptoms of measles. Isolate a child with such symptoms.

These symptoms increase until about the fourth day when the rash appears.

"Black measles" is the malignant type of the disease and very fatal. The black color is due to hemorrhages in the skin.

Measles frequently terminates fatally, broncho-pneumonia being the commonest fatal complication.

Whooping cough is quite often a complication of measles.



Inflammation of the ear is not an uncommon complication of measles; it often leads to deafness or worse.

Latent tuberculosis in a child frequently becomes active after an attack of measles.

If your child "seems to have caught cold" after measles, look out for tuberculosis. Consult your doctor at once.

After the rash disappears, the peeling of very fine scales sets in. In mild cases peeling lasts a few days, in severe cases it may last several weeks.

Quarantine of known suspicious cases should be instituted as early as possible.

Those exposed to measles who have never had the disease must be quarantined two weeks from time of exposure.

Persons who have had measles may go about their necessary business, providing they keep entirely away from the measles patient.

No one from a home in which there is measles should go to school, church, theatre or other public gathering.

All cases of measles must be reported to the Department of Health by the doctor, patient or guardian.

A warning card — "MEASLES HERE"—must be posted on infected premises. Visitors shall not enter and the convalescing child shall not leave the house until the Department has removed the warning card.

When a case is ready for termination and the Department of Health has been notified, the health officer will call, remove the warning card and raise the quarantine restrictions.

One attack usually protects against a second—but that is no reason for exposing well children to this disease so that "they can have it and be over with it."



Deodorizing is not disinfection. With perfect cleanliness there is no unpleasant odor, nor is there need for disinfection.

## Some Things You Should Know About Measles

Dr. E. C. Levy, the efficient Health Officer of Richmond, Va., has the following to say in regard to measles:

"We found that the disease was in every instance contracted by direct exposure to some other case, and not in a single instance was the disease spread by a third, immune person or by articles which had been on contact with a case. Up to the time that we had many hundreds of cases reported, we were able in every instance to trace the exposure to certainty.

"We found that the eruption appeared with almost mathematical exactness on the fourteenth day after exposure, but that the child who was in the incubative stage of the disease was capable of communicating the disease to others from the ninth day after exposure.

"Perhaps the most interesting of all the facts which were brought out was the importance of the cross-action of day schools and Sunday schools in the spread of the epidemic. A case would develop in a day school. Being highly contagious before the eruption appeared with the child still going to school, other cases would develop in this room later, and these, in turn, would be highly contagious before it was recognized that they were ill. Meanwhile, though in one room at school, these children attended a number of different Sunday schools, thus giving rise to many cases in each of these Sunday schools. As the latter children attended many different schools during the week, the disease was thus introduced to these schools, and so on.

"While the number of cases in this epidemic was large, we are still perfectly confident that our work had a decided influence in limiting the spread somewhat. In the schools we were able to do some good by recognizing the period of contagiousness as begin-

ning on the ninth day after exposure. Thus, when a case was discovered in school, we did not at once close the room in which it occurred, as if any other cases were to occur, these were not immediately dangerous. What we did was to count forward to the ninth day after the exposure. At this time we ordered the room closed until after the fourteenth day. By the latter date any new cases which were going to have the disease could be recognized by the eruption and these cases were thus excluded. That this plan actually did some good was shown by the fact that many times we found that children in such rooms who had appeared perfectly well when the room was closed on the ninth day, developed the disease during the interval between then and the fifteenth day. The disease then being easily recognizable, these children never had the chance of giving it to others."



## MEASLES

We are having quite a number of cases of measles in the city and surrounding country. A short time ago a child on Park Avenue gave a birthday party. The next day she broke out with measles. Every child present contracted the disease. Fortunately none of them died.

Measles is the most easily communicated of all the contagious diseases, being often communicated, as it was in the above mentioned case, before the eruption appears, and before the child is very sick.

Our death records for 1911 show that we had not a single death from smallpox or scarlet fever, but that we had two deaths from measles. And yet the people pay very little attention to measles. From the present outlook we will have an epidemic of measles during the next month or two, and we will probably have sev-

eral deaths. Such being the case, every child that appears to be taking a cold, if it has not previously had measles, should be isolated immediately in a room until it is determined whether or not it is sick with the disease.

The Health Department has prepared some rules and regulations concerning measles, and will try to look after it very much more carefully in future than has been done in the past, and hopes thereby to save some human lives.



## Rules of the Asheville Board of Health in Regard to the Quarantine of MEASLES

The minimum quarantine for measles shall be two weeks, counting from beginning of pronounced symptoms, and longer if there remain any inflammation of nose or throat.

During this period of quarantine no child or other person who has not had a previous attack of measles, shall enter the room where the person ill with measles is isolated. Provided that in the hotel, boarding house, or other public house, those persons not having had the measles who have not been exposed to that particular case, shall not be subject to quarantine.

During this period of quarantine, and for two weeks after release of quarantine, no child or person residing in the quarantined house who has not had measles, shall be allowed to attend school or church or leave the premises for any purpose.

Persons residing in the house quarantined on account of measles, who have suffered with the disease, may go and come as they please, and may attend school or church, and the child or person sick with measles may be allowed to attend school or church as soon as the quarantine is released.



## **Report of the Committee Appointed by the President of the Buncombe County Medical Society, City of Asheville, N. C., to Investigate the Matter Concerning the Failure of Physicians and Midwives to Report Births**

It is a well known fact that there has been an ordinance requiring physicians and midwives to report births, and it is equally well known that this matter has been almost wholly neglected. The committee has investigated the existing ordinance and consider it wise to incorporate it in this report. It is as follows:

"Sec. 483. That every physician or midwife in charge and attending or present at the birth of any human being within the city shall, within twenty-four hours thereafter, certify the same to the Clerk of the Board of Health upon blanks prescribed by the State Board of Health to be furnished by the said Health Officer of said city; and in case there be no attending physician or midwife, then the responsible head of the household in which said birth occurs shall in the same manner and within twenty-four hours thereafter, report the same to the clerk of the Board of Health; and any person failing, refusing or neglecting to make the report herein required shall be subject to a penalty of twenty-five dollars for each and every offense."

In the committee's opinion there is but one objection to it, viz: that instead of requiring the report of birth to be made within twenty-four hours, the ordinance should be changed to read, "within three days thereafter."

We believe, that the above ordinance does fully cover the situation in our city, and that it can be enforced if necessary. We are of the opinion, however, that with a sufficient amount of moral persuasion, Asheville physicians will gladly assist in keeping up a birth register.

In regard to the midwives, there is an ordinance which requires them to register, and we believe it can be enforced. It is as follows:

"Sec. 484. That all physicians, midwives and undertakers practicing or doing business in the city, shall register their names and addresses with the clerk of the Board of Health before engaging in business in said city; and any person violating any of the provisions of this section shall be subject to a penalty of twenty-five dollars for each and every such offense."

By a system of checking over the still births reported by midwives, it would soon be possible for our health officer to ascertain the names of those engaged in this practice.

It might be of interest to know that Mr. George W. Simon, of New York, who represents the Jewish Agricultural and Industrial Aid Society, looked over North Carolina for suitable places for settlements for a large number of Jewish families. His failure to secure vital statistics in some parts lead him to seek those which did. We are quoting him as follows:

"Having the purpose to find locations for agricultural settlements for a very large number of people, it was necessary for me to know the health conditions in sections of the country in which it might be thought proper to locate these families coming to North Carolina. I learned of the United States Census Bureau, and from Dr. W. S. Rankin, Secretary of the State Board of Health of North Carolina, that no definite information could be given, as there were no ways to get vital statistics, there being no law on the statute books of North Carolina for this purpose, except in the cities and towns of over a thousand population, and none as to the rural districts of the State. It is quite natural that I should hesitate in locating my people in this State if the local men cannot give me any definite information as to the

health conditions; and unless I learn some way or other how to obtain the necessary data I might be forced to abandon certain sections, otherwise favorable, for the simple reason that no definite information as to the health conditions could be obtained."

There are instances in which the failure to register a birth has barred a person from political office; it has deprived children from a legitimate inheritance, and it has often robbed them of their decency; it has prevented young men from voting, and has interfered with marriages. We realize how necessary under certain legal circumstances it is to produce a certificate of marriage; a birth certificate may be equally necessary. A registration of births would prevent to some extent, illegal practices; it would have a restraining effect indirectly upon the production of illegitimate children and would help to purify our city.

Dr. J. N. Hurty writes in an article on the subject entitled "The Book-keeping of Humanity," in which he says: "The accurate collection, tabulation and analysis of record of births, stillbirths, deaths, marriages and sickness, may be said to constitute the book-keeping of humanity."

The committee then urges for the following reasons, the enforcement of the above ordinance:

1st. For the benefit derived to us as a nation, from vital statistics, in that we may know its growth or decadence.

2nd. It is a part of life to know its legal beginning and ending, in that it concerns a man's personal, social, state and national standing. A pedigreed hog, horse, dog or chicken has its birth and death recorded. Should we not do as much for our children?

3d. By legal age is determined the right to attend school, enter certain occupations, vote, marry, dispose of property, responsibility for crimes, exemption from military duty, qualification for public offices, etc.

4th. There is a sanitary value as stated as follows by Dr. Hurty: "Whatever throws light on the causes of sickness and death, or whatever hastens or retards marriages, or increases or decreases the number of births, must be helpful and must have numerical treatment."

5th. There is an educational value of vital statistics to medical science. The physician is the best member of society to supply information regarding births and deaths and in reporting vital statistics, he is obedient to his state, protecting the helpless, doing general good and furthering the science of medicine.

(Signed)

A. W. CALLOWAY, M. D., Chm.,

E. B. GLENN, M. D.,

L. B. McBRAYER, M. D.

March 18th, 1912.

Committee.



## TO THE PHYSICIANS AND MIDWIVES OF THE CITY OF ASHEVILLE

You will note from the above report, which was adopted at the regular meeting of the Buncombe County Medical Society, March 18th, that the said Society has gone on record as favoring the enforcement of the two Ordinances, to-wit: Sec. 493 requiring the reporting of births, and Sec. 484 requiring that all physicians, midwives and undertakers should register their names with the clerk of the Board of Health.

The Health Department is in accord with the ideas expressed in the report of this committee; and this is to notify all persons coming within the scope of these two ordinances, that from and after the 1st day of April, 1912, these Ordinances will be enforced.

A good deal of the pleasure connected with the work of the Health Officer has been on account of the hearty co-operation and support given him by the physicians of Asheville. And we feel confident that the same co-operation and support will be given in reporting



of births as provided in the Ordinances quoted.

The midwives are perhaps ignorant of these ordinances, but we trust this matter will be brought to their attention by their friends so as to save the necessity of prosecuting them.

Thanking the profession for their intelligent interest in the health work of the city, and with sincerest best wishes for each one of them, I am,

Very sincerely,

L. B. McBRAYER,  
Health Officer.



### **Rules of the Health Department in Regard to the Removal of Trash, Fumigation, Etc.**

An order for the removal of trash received after twelve M., will not receive attention until the next morning.

Dead animals will be removed as soon as possible after being reported to the Health Department Office.

We desire to be accommodating in the matter of fumigating rooms. But an order received after four p. m., will not be attended to until the next morning. If this is Saturday, it will not be attended to until Monday.

Orders for the cleaning of surface closets will not be attended to until the day after they are received. If this happens to be Saturday, they will not receive attention until Monday.

Ordinance No. 502 provides that all waste paper and trash within the fire limits shall be placed on the sidewalk in front of the building before eight o'clock on any morning except Sunday, and that all boxes, cans etc., shall be taken in immediately after they are emptied. This Ordinance was passed for a specific purpose. Wagons go out at 7:30 every morning except Sunday. They traverse the business district the first thing. If the trash is put out before eight o'clock, they collect all of it

for their first load. Otherwise it may be left on the sidewalk all day, and you may be prosecuted for violation of Ordinance above noted.

This is to give final notice that the above Ordinance will be enforced.

The law requires that all trash, waste paper, tin cans, etc., be put in boxes or barrels and placed on the sidewalk in front of the property. If you will take the trouble to look at the trash wagon as it is driven along, you will notice that the beds used on these wagons are long and deep, and will realize that it is impossible to turn these wagons in an ordinary back yard. Hence the necessity for the law quoted above. Unless the trash is placed on the sidewalk in front of the property in receptacles as provided by law, the wagons will not take it up.

We are trying to improve the system in our Department in order that we may accomplish greater results with the same amount of expense and labor. With that end in view it has become necessary to formulate the above rules. And this is to give notice that they will be strictly adhered to.



### **GENERAL SHERMAN'S LETTER HOME.**

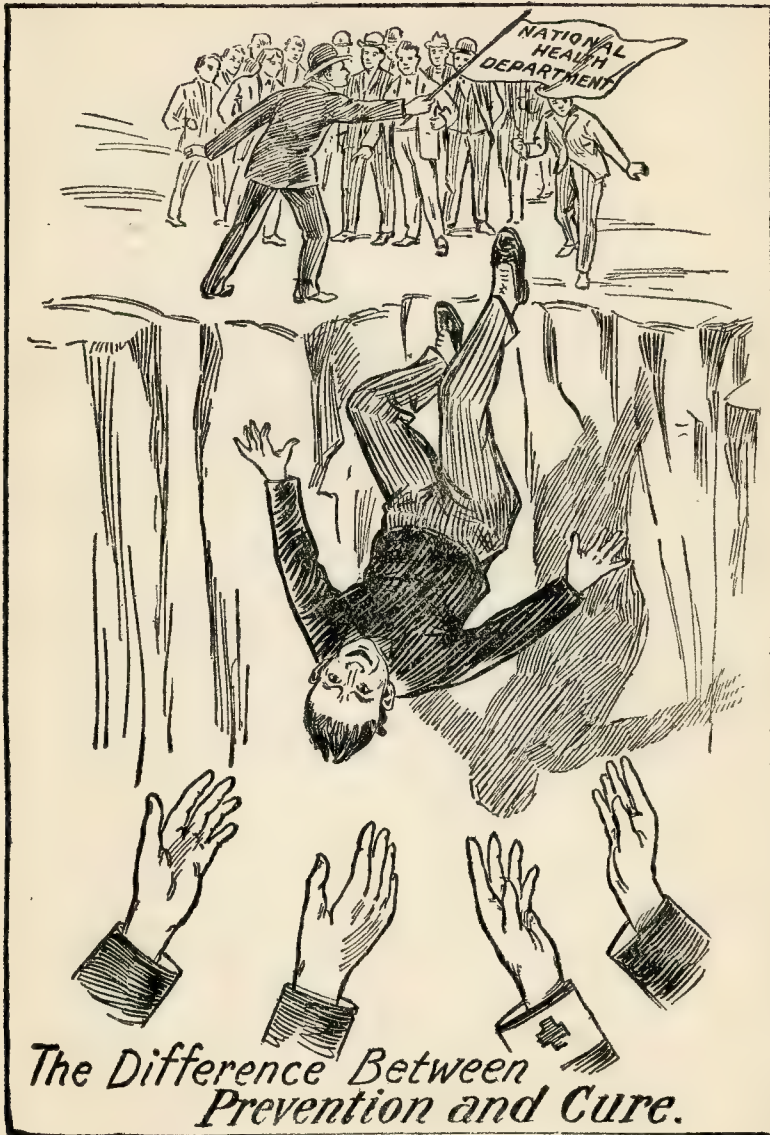
"In the Field, Goldsboro, N. C.,  
April 5th, 1865.

"\* \* \* \* \* It is a general truth that men exposed to the general elements don't 'catch cold,' and I have not heard a man cough or sneeze for three months, but were these same men to go into houses, in a month the doctor would have half of them. Now the doctors have no employment. \* \* \*"  
—(Scribner's Magazine.)



"Open air and exercise do more to make good blood and make it show in the glow of the skin than any thing one may do."

**"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE"**



**Why Not Apply this Old Adage to the Prevention of Measles?**



# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 16

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

May, 1912

"AND homes are made desolate, and women are tortured,  
and the children are loathsomely tainted, because the  
fatuity and wickedness of silence have not yet been made so  
manifest that no one shall dare henceforth to cavil at plain  
truth."  
—THE FORUM.



"LIBERTY, education and similar blessings are important,  
but a man must be *alive* to enjoy them."  
—HUMAN FACTOR.



"THE first duty of a nation is to guard the lives of those  
who compose it."  
—HUMAN FACTOR.



"GOLD is good in its place, but living, brave, patriotic  
men are better than gold."  
Abraham Lincoln



"GENIUS has its limitations but stupidity has not."



## Health Department City of Asheville

### BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.  
 B. M. LEE, City Engineer.  
 C. W. BROWN, Chairman Finance Committee,  
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### SANITARY COMMITTEE BOARD OF ALDERMEN.

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L. B. McBRAYER, M. D., Health Officer,  
 Phones: Residence, 124; Office, 390.  
 W. H. BIRD, Sanitary Inspector, Phones  
 Residence, 374; Office, 152; Stable, 294.  
 L. M. McCORMICK, Meat and Milk Inspector,  
 Phone 152.  
 ERNEST ISRAEL, Sewer and Plumbing Inspec-  
 tor.  
 W. FRANCIS, Water Superintendent.

## Our New Surface Closet System a Great Success

We have recently had examined samples of water taken from the wells and springs of the city, that were found polluted during the summer of 1910 and were convicted on circumstantial evidence of having caused considerable typhoid fever during that summer.

The citizens of Asheville have not forgotten that during the year 1911 our typhoid was reduced by half,—that is, we only had half as much typhoid in Asheville in 1911 as we did in 1910; and considerable of that reduction was in the outlying districts where we had installed our new surface closets, and where these wells and springs were situated. We agreed that these wells and springs were polluted by the open surface closets then in use. At the recent examination of these same wells and springs, not one of them was found polluted.

You are not surprised then when we tell you that we are well satisfied with our new surface closet and our system of keeping them clean. You are not surprised when we tell you we are satisfied with reducing typhoid 50 per cent in one year. But we want to reduce it 50 per cent every year, until we are free from it. This is not impossible, and we will do it, if the people of Asheville will co-operate with us.



## The Titanic Disaster

Every man, woman and child throughout the United States, yes throughout the world, is horror stricken over the terrible destruction of life on account of the wreck of this ill fated vessel, and rightly so. The recital of the bravery of Maj. Archie Butt, Military Aide to Presidents and Capt. Smith, the Commander of the vessel, and the millionaires and other celebrities on board who voluntarily and willingly died that women and children might be saved, is upon the lips of every one, and sends a thrill of joy through every one who hears it.

And how many were lost, did you say? only 1600. And did you know that about 100 babies die every year that could be saved, where one person perished in the Titanic? And yet men are not gallant enough, not brave enough to stop this slaughter of the helpless infants.

Congress lashed itself into a frenzy over the Titanic disaster, and appointed an Investigation Committee that was in New York ready to begin its work when the Carpathia arrived with the survivors from this scene of death and destruction. But it will not pass the Owens Bill creating a National Department of Health, whose object would be to limit the wholesale and unnecessary slaughter of her citizens, young and old, that is going on daily in every state in the Union. And many of the



members of our State Legislature, Town Councils and Boards of County Commissioners are equally as inconsistent. "Oh, consistency thou art a jewel!"



### **Pure Wholesome Milk For Infants and Everyone**

Over 113,000 infants (under one year) are destroyed annually, by infectious diseases and improper feeding,—both preventable. As in all diseases, we have less than our pro rata of deaths among infants. In 1911 only nine deaths under two years among the white population,—a death rate of 3-5 per thousand; and ten deaths under two years among the colored population, a death rate of 2 per thousand. We believe when the new creamery now in process of erection by Messrs. Curtis Bynum and Brown's Creamery, shall have been put into operation, which is promised by June 1st, in time for the hot weather, that we can reduce this small death-rate among children. For this Company will furnish us a milk pasteurized in the bottles when desired. And at all times as clean and wholesome a milk as is produced anywhere in the world. And Mr. Brown has promised that no child shall suffer for the want of this pure clean milk; and to this end he will deliver this milk to any child in need, on the order of the Associated Charities.



### **Fertilizer vs. Food and Drugs**

The North Carolina Department of Agriculture, devotes the entire space, 96 pages, in its March Bulletin, to a report on the analysis of the various fertilizers allowed to be sold in this State during the season of 1912, and a list of the firms and their products, that are registered with the Department for this year.

This is to prevent the farmer being imposed upon; prevent him buying a fertilizer that is not what it is claimed to be. And any firm or corporation that should attempt to sell the farmers of this State a fertilizer that has not been so analyzed, and does not have attached to each and every bag, the official tag of the Department of Agriculture, showing such analysis to have been made, and showing further that he has paid the tax levied for such analysis, would be prosecuted, and upon conviction fined and imprisoned.

This is all right and proper, but what about the patent medicines sold at every cross roads store, and in every village, town and city? What about the canned foods sold everywhere throughout the State. Does it matter if the people of North Carolina poison themselves with these things? It would seem not, if we are to take the protection given our citizens against such things by the State, as a criterion.

Hundreds of thousands of dollars to see that the farmers get good seeds and good fertilizers, but not one cent to see that they do not poison themselves with patent medicines and canned goods. "Oh, consistency thou art a jewel!"



### **Seeds vs. Patent Medicines**

The Raleigh News and Observer with glowing headlines had the following to say in regard to the protection the State of North Carolina furnishes its citizens in the way of providing them with pure good seed:—

"North Carolina, in seeking to protect its farmers, has a law which provides that all firms which have seed on the market shall have a license in North Carolina, if their seed is sold in this State. The license required by the State costs \$25. a year, and the list of seed companies licensed for the year 1912 has just been issued by the De-

partment of Agriculture. The matter of license is fixed so as to protect the farmer, and to have fresh and good seed on the market. No firm without a license is allowed to do business in this state, and in order to protect themselves the farmers should know that the firms whose seeds they purchase are licensed to do business in North Carolina."

It is a great pleasure to know that the Government is so particular with seed that are to be sold to the farmer, will stand behind him, and not allow a fake concern to sell him seed that will not germinate, or seeds that are of a different variety from what they are claimed to be. The State is just as particular with the fertilizers that are sold. All of which is very commendable. But what harm would it be should some fake concern sell a farmer seed that wouldn't germinate? Or sell him a fertilizer that is valueless? It would only be a loss of a few dollars. In comparison with these things, a great many patent medicines, cancer cures, consumption cures, teething syrups, headache powders, and everything else imaginable is sold throughout our state without let or hindrance. It seems that the Government holds that it is no harm for a man to waste his money on such things. But that is not all. Most all these soothing syrups and cordials for babies contain some preparation of opium, and are dangerous to the life and health of the child. Nearly every patent medicine contains either opium, whiskey or cocaine, and depends upon the action of these drugs for the pleasant feeling produced, and is a menace to the life and health of the individual that uses them.

It would seem that the Government should take as much interest in the lives and health of its citizens as it does in the seed and fertilizer used by the farmers.

When did a patent medicine concern,

or any other kind of faker ever discover a means of prevention of yellow fever, smallpox, diphtheria, or of any other diseases? Did you ever hear of one of these working along the lines of preventive medicine?



## The Rights of Your Child

Dr. J. Y. Joyner, State Superintendent of Public Instruction, in a splendid address on Education, in the court house in this City recently, said in part, as follows:

"No child belongs absolutely to the parent. Every child born into the world is not only the parent's child, but also the State's child, the country's child, the community's child, the Nation's child, humanity's child, and God Almighty's child. Out of this relation grow a right and a duty from every one of these to every child.

At the beginning of the life of everything that He has created, in the vegetable kingdom, in the lower animal kingdom and in the higher animal kingdom, the Creator has fixed a period of growth and preparation, during which, if it be not surrounded by conditions in conformity with the ordained laws of its growth, it cannot grow into all that was made possible in its creation for it to be. It can become at best but a stunted growth. So, at the beginning of the life of a man, the Creator has fixed a period of twenty-one years for him to get his growth and development and preparation for the work of a full grown man in His world. This is a sacred period of preparation fixed by the Almighty. If a child get not his growth and preparation during this period, he can never receive it; he can become but a stunted man at best. This opportunity lost is lost forever. "The mill will never turn again with the water that has passed."

This time belongs, therefore, to the child, to the community, to the State,



to the Nation, to humanity, to God. Whoever or whatever robs the child of any part of it or prevents him in any way from making the best possible use of every year of it, under the most favorable possible conditions, conforming to the divinely ordained laws of his intellectual, moral and physical growth and development, wrongs all."

The above should be read and re-read by every parent and future parent in America until the words and sentiment are so indelibly burned into the mind and memory of each that they could never be forgotten.



### Half Million Lives Saved

According to the Census Report for 1910, for the registration area, 6,900 lives were saved by the use of Diphtheria Antitoxine. In 1909, 4,600 lives were saved. For the two years 115,000 were saved. For the ten years, 1900 to 1910, over half a million lives have been saved by the use of diphtheria antitoxin. Is this worth while? If one of these half million children were yours, it is. Is the discovery of antitoxin worth while? Are the doctors worth while? Did any of the patent medicine concerns have a hand in this? Not a bit. Did any of the fake "doctors" have any hand in this? Not much. It was worked out by the regular physician. Is the regular physician worth while? Is it worth while to keep vital statistics so that we can tell how we are getting along?

For greatly reduced prices on Diphtheria antitoxin brought about by the State Board of Health. See our February 1912 Bulletin, page 4.



### We Need an Isolation Hospital

Philadelphia has recently appropriated \$2,000,000,—or \$1.28 per capita for the erection of a hospital for con-

tagious diseases. We hope to see proper provision made for contagious diseases, in Asheville, when the plans for the enlargement of the Mission Hospital shall have been completed. When Dr. Reynolds was health officer, the City and County offered to give the Hospital \$5,000 for the erection of a separate building for contagious diseases, on their present property, but the plans fell through, not on account of any failure upon the part of the County or City to live up to their agreement. They could well afford to give \$10,000 for such a purpose.



### More Deadly Than the Tiger

Do you realize the state of the public mind, Mr. Grocer, Mr. Butcher? Are you complying with hygienic rules and regulations? Are your berries and your fruits and your vegetables carefully screened from the unwelcome and too frequent visits of the pests that abound during the hot months? Do you realize the truth of the declaration that the fly may be a more deadly visitor to your place of business and from thence to the homes of your patrons than the fierce tiger of the Asiatic jungle or the lion of the African wild? —\*Anti-fly Crusade.

What is the use to patronize a filthy grocery store when we have so many clean ones in Asheville?



### Some Suggestions About the Deadly House Fly

Screen all windows and doors, and particularly protect the kitchen, dining room, and all rooms of the sick.

Strike at the root of this evil. Dispose of all house waste, and all manure. Flies breed in all kinds of filth. Look after garbage receptacles; clean them often, sprinkle them with lime or kerosene oil, and keep them closely

covered.

Keep your premises clean. Some will not do this; then somebody push the Health Department button and it will do the rest.



Dear Citizen:

I am a fly now. Once I was a maggot. I hatched out in a filthy closet in a dirty back yard, but most of my kin hatched out in a horse stable. I live on stable filth and garbage can slop. I carry all kinds of disease on my hairy feet. This I wipe off on the sugar bowl or the baby's bottle when I come in to see you, or wash off when I take a bath in your coffee cup or in your glass of milk. I cannot live where there is no filth. I think you must love me because you have kept such nasty places for me to live in. I hope you will do nothing to disturb your filth so that I may be with you again next year. The fact is, I have already laid many eggs in your refuse and when the warm weather comes, if you do not destroy my babies, many millions of us will be ready to call on you again. We shall take no offense if you have screens. They are, we know, quite a fashion. All we ask is to be allowed to hatch out in our usual haunts, and we promise to dine with you every day. Good-by until we meet again. —A Housefly and Family.



### Dairy Demonstration

The Southern Railway Dairy Demonstration car will be in Asheville Friday, May 10th, 3:30 P. M. (at the Southern Railway Passenger Station, we suppose) in charge of experts from the United States and State Departments of Agriculture and the A. & M. College, Raleigh.

The demonstration will consist of lectures illustrated by stereopticon views, illustrations of testing milk, feeding cattle for profit, how to handle

milk, how to churn milk, and how to make large profits from dairying products.

We hope our dairymen and the farmers and housewives who sell butter on this market will avail themselves of this opportunity to learn something that will be very valuable to them.

Milk ranks third in value and amount of food products in the United States,—bread, meat, milk.—Do you not think it is worthy of our and your careful consideration from every standpoint?



### Clean Up

Your neighbors are estimating your habits of cleanliness by the outside appearance of your premises. Are you satisfied with your reputation?

A dirty neighborhood is a dangerous neighborhood. If you live in such a neighborhood and cannot clean it up, move away.

Property values are enhanced by cleanliness of surroundings. A man will not rent, much less buy, in a dirty neighborhood.

A wise man will not rent—much less buy—in a dirty neighborhood.

Co-operate with your neighbor to clean up that dirty lot which lies between your home and his.

Clean up Now. Set a good example for your neighbors to follow.

"Civic uncleanness kills civic pride."

"A city is as clean as its people"

"Now is the time to clean up."

"Cleaning the streets and neglecting the alleys reminds us of the bald-headed man who tied a string around his head to show how high to wash his face."

"You can gauge a man's cleanliness by taking a look at his back yard."

"A grocery or market so careless as to litter up the street in front of its premises is surely an unsafe place to trade—if its front is dirty, what must its unseen parts be like?"



(From Bulletin N. C. Board of Health)  
Feb. 6, 1912.

Dr. W. S. Rankin,  
Secretary State Board of Health,  
Raleigh, N. C.

Dear Doctor Rankin:—

The following incident may be of use to you in connection with your campaign for permanent health officers. A gentleman from New York, representing heavy money interests, called upon me this morning in reference to buying land in the South for farm purposes. He stated that he would not touch less than 5,000 acres, and if he found what he wanted, his purchase would involve somewhere between 5,000 and 50,000 acres. He had obtained extensive information regarding the soil, crops, etc., but said he was unable to obtain satisfactory information regarding health conditions.

I have advised him to inquire into the subject of the county health officer in every county where he looks for land, and have further advised him that I would not personally be willing to purchase large land holdings of this extent unless I could obtain from the county authorities a definite promise that a county health officer should be employed at a salary of not less than \$2,500 per year, and that he should give his entire time to the work.

Respectfully,

(Signed) C. W. Stiles,  
Professor of Zoology.



### **Governor Woodrow Wilson on Public Health**

In the first message of Gov. Wilson to the New Jersey Legislature Jan. 9, 1912, he recommends investigation and legislation looking to serviceable co-operation between the charitable and correctional institutions in the state; and dwells on the need of a reformatory for women, adding that the machinery for supervising the public

health is woefully inadequate. "I intend no criticism of our excellent Board of Health," he says, "but only repeat the testimony of its own members." Every sort of infection should be guarded against. A costly war must be waged on the mosquito and the housefly. The dissemination of poisonous gases from factories, locomotive engines and from vast bodies of smoke which pervade our cities, must be prevented. The dairy business must be sharply supervised along with cold storage and the handling of food stuffs in the markets. Oyster beds must be inspected; there must be some thorough and efficient system of keeping our lakes and streams from pollution, and systematic war must be made with such diseases as tuberculosis.



### **Wrapped Garbage and Its Merits**

About a year ago the Health Department advocated that garbage be drained and wrapped in paper before being deposited in the garbage can. In many Milwaukee homes the method of disposal has been adopted. The system should be universally put into practice. Garbage properly drained is practically dry when it goes into the can. The paper wrapping prevents it freezing to the can in winter, and retards decay during the summer months. Also, collection is made far easier and far more sanitary. It is said that in some American cities in which the wrapped garbage is demanded, garbage wagons produce no nuisance whatever. A Milwaukee engineer recently described them as appearing like laundry wagons in their progress through the streets. Milwaukee has no ordinance compelling garbage disposal in this manner. However, that is no reason why the method should not be used in every household."—Healthologist.

The above is respectfully referred to the housewives of Asheville and the Civic Betterment League.





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June, 1912

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demand***s that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



"FROM an advertising standpoint the greatest asset any city can have is an indisputable claim to good health and a low death rate."

—*Chicago Health Bulletin.*



"THE fame of a town may not be builded upon its health status, but there is nothing which will more quickly and effectively defame a town than a reputation for bad health conditions."

—*Chicago Health Bulletin.*



"THE safest place in which to live is the place which protects you against unnecessary death."

—*Chicago Health Bulletin.*



"THIS a wise community which places community health above all other community possessions."

—*Chicago Health Bulletin.*



## Health Department City of Asheville

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 ERNEST ISRAEL, Sewer and Plumbing Inspec-  
 tor.  
 W. FRANCIS, Water Superintendent.

## Stop! Look! Listen!

Those Who  
 Expect-to-Rate  
 as Gentlemen

Will Not Expectorate on the Floor,  
 Sidewalks, or in Public Convey-  
 ances.

### SWAT.

"Swat till the last darned fly expires,  
 Swat with an arm that never tires,  
 Swat with a swatter made of wires;  
 Swat 'em to beat the band."

The above appeared in one of our local papers as an advertisement of a wire fly swatter, by Brown, Northup & Co. of this city, and seemed good enough to appear in our columns.

"Never mind who's to blame—just get out and clean up. Then keep your weather eye open for the fellow who messes you up again—**swat him.**" Telephone 152 and tell the health depart-

ment about it. They will do the rest. The informant's name is never mentioned.

"Don't permit your dirty neighbors to longer besmirk the reputation of your neighborhood and depreciate the value of your property. If your good example and good advice can't move them to more cleanly habits, **perhaps the law can.**" Ring 152 and tell the Health Department about it. They will do the rest. The informant's name is never mentioned.

"The aggregate good results of everyone's cleaning up the premises around where he lives and where he works, is simply beyond estimate of best results to good health and safety to life."

"Will everyone not do his share? You cannot do anything to compare as much good to yourselves as to clean up your surroundings and then keep them clean."

"Think now what joy to the nature of the busy and deadly house fly are the accumulations about us of garbage waste and filth. Do away with these latter and help put the fly out of ability to harm us. Will you do it? Will you help?"

Don't allow flies in your house. But if you insist on having them in your house, don't let them crawl over the baby's milk bottle or the baby's face, and don't allow them in a room where any one is sick. Better keep them out of the house.

"The presence of flies means the presence of filth. It may be in the kitchen, in the cuspidor, in the uncovered garbage can, the manure pile, or the open privy. At least it is near-by, Remember your visitors and callers may know about this, too."



"It is a short haul from the garbage can or open surface closet to the dining room via the fly route."

Bread makes a fine foot mat for flies.

"A decreasing death rate is the best evidence of **sanitary progress** in a community."

"At no time in the history of the country has there been such widespread interest and intelligent endeavor to safeguard the child-life as at the present. It is in daily evidence that the people of America are awakening to the necessity of doing something to prevent the needless waste of infant life and to the need of throwing such effective safeguards around the child as will assure its physical, moral and educational well-being during the formative period of life. It is indeed a sleepy town which now-a-day cannot boast of having a child welfare organization.

To the health officer it appears that the most important phase of child welfare work is that of prevention of unnecessary sickness and deaths among infants. For full justification of the health officer's estimate it need only be pointed out that there are approximately 225,000 avoidable deaths among children under two years of age in the United States **every year**. In view of this stupendous needless waste of infant life, we believe that every unbiased student of the situation will agree that the health officer is not exaggerating the importance of his part in the field of child welfare service."

It is not how many babies are **born**, but rather how many babies **live**, that is of interest to our commonwealth.

"The health surety of any community is best gauged by its death-rate from the **preventable** diseases."

—Chicago Health Bulletin.

## Is Your Life or That of Your Child of Any Value?

The Toledo (Ohio), Blade has well said, "The conservation of public life is becoming a great social question, one in which society is taking over responsibilities and functions left heretofore in the hands of the individual." Public health is not altogether an individual matter any more, but is a community interest. All the conditions of life and of living enter into the causation or suppression of disease. Many of the factors are beyond the control of the individual. They can only be controlled by society acting in an organized and effective manner; that is, by the State—but the State can delegate part of its power, authority and detail work to the county or municipality.

There is an awakening of interest among the people in regard to public health such as has never been known on any other subject. It is impossible to calculate the potentiality of the energy that is being expended today in the prevention of disease and the perfecting of the human race. And it has not yet reached its flood-tide. The many congresses, commissions, societies, etc., bear out this statement. It is necessary that this energy shall be directed in proper channels, that will produce results. It would be fatal to our cause to allow this energy to go to waste. If this energy is wisely directed it will only be a short time until we will have all the money we need to prosecute our work. States and cities including our own, are making appropriations never dreamed of a few years ago, and are ready to increase these appropriations just as soon as we show them that we are producing results with what they have given us, and can show them intelligently and specifically that we need more.

It is high time we health officers were taking an inventory of ourselves,

and thereby ascertaining whether or not we are fully competent for the task that is set before us. It not, we must either make ourselves competent or resign our office and put some one in command who is competent.—From address of President of N. C. State Health Officers' Association.

"The progress of cities is measured by their health. Men achieve triumphs during periods of physical greatness."

Rome became a wonderful city while its people abounded in health. When dissipation undermined them, their city ceased to grow. When health gave way, their city ceased to be.

The Greeks achieved the greatest early civilization. And theirs was the era of finest physical development. They were athletes and warriors; they became statesmen, literateurs and artists. They builded wonderfully while health was theirs; they sank in decadence when health deserted them."

—Healthologist.

"To attain mere brute strenght is not a great ambition. The man who is largely a beast may add to humanity's stamina, may be an asset to a race of weaklings—but he does nought to uphold civilization. But perhaps he is more worthy than the physical weakling; a being who makes for weakness in future generations—who grafts defects, perhaps disease upon his children.

The truly great race will find and hold physical strength. Using it as a foundation, that race will build its monuments. It will develop the activities and the conditions of body and mind, never allowing the one to advance at the expense of the other."

—Healthologist.



## Fresh Air and Monkeys

The Gentry Dog and Poney Show, that will be remembered by the child-

ren of Asheville with a great deal of pleasure, has had a great deal of trouble on account of the deaths of their monkeys. They found out finally that the monkeys were not getting enough fresh air. They were keeping them confined too closely in their cages. They changed their methods, allowing abundance of fresh air in the cages, and the deaths among their monkeys ceased. It is perhaps useless for us to tell you that the monkeys were dying with tuberculosis.

The same trouble was had in Chicago with the bears in the Zoological Gardens. The bears were placed during the winter in closed apartments, steam heated. All this expense was considered luxurious for the bears. But many of them died inside of a year, and few of them lived longer than two years. They were found to be dying with tuberculosis. They changed their methods, and instead of keeping them in steam heated rooms, they gave them an open run with just sufficient shelter to allow them to protect themselves from the severest weather. It was noticed that they grew a very much heavier coat of hair, and that those of them that had not gone very far into decline immediately began to take on flesh, and soon became healthy and strong. The record had been before this that as soon as they began to lose flesh they died in a few months. Since the open air plan has been adopted the death rate among the bears in the zoological gardens of Chicago has been very low.

If plenty of fresh air is good for the bears in zoological gardens of Chicago, and for the monkeys in Gentry's Dog and Pony Show, it must be good for people.

"When you are feeling dull and stupid and have a headache, try a good big dose of fresh air. It will generally do you good."

"Plenty of good fresh air will make the fires of life and health burn



brightly; therefore, don't hibernate; Ventilate."

"The best spring tonic—spring air. Take it every day."

"No spit—no consumption."



### **Advance Anti-Tuberculosis Legislation**

—  
"A bill just passed by the New Jersey legislature and signed by the Governor provides that tuberculosis patients who refuse to obey the regulations laid down by the State Board of Health concerning the prevention of their disease, and thus become a menace to the health of those with whom they associate shall be compulsorily segregated by order of the courts in institutions provided for this purpose. If such a patient refuses to obey the laws and regulations of the institution in which he is placed, he may "be isolated or separated from other persons and restrained from leaving the institution." The law further provides that all counties in the state of New Jersey shall within six months from April 1, make provision in special institutions for the care of all persons having tuberculosis in these counties. The state treasury will subsidize each county to the extent of three dollars a week for each person maintained in these institutions except for those who are able to pay for the cost of maintenance."—  
Journal American Medical Assn.



### **Planning for the Summer Vacation**

—  
"Many people are now planning summer outings. A vacation spent in the country is of undoubted benefit to the city resident. Ordinarily the questions asked include the character of the food and beds, the extent and nature of the

social life, the temperature of the air, and the opportunities for bathing. All of these are important, but they are of secondary consideration as compared with the question of the healthfulness of the locality in which it is intended to spend the warm months.

Every autumn there is a rise in the number of typhoid cases in the cities, and when this is investigated it is frequently found that they are simply cases which have been imported from the country. This fever is usually contracted by drinking from contaminated wells or springs. City people are inclined to look upon all country water as exceptionally pure and wholesome. The truth is that no source of drinking water is more readily contaminated or more readily becomes extremely dangerous than the misplaced well or spring. Sometimes country wells are little better than cess-pools into which the sewage from the farm drains. Often they are so situated that surface water from the barnyard may seep into them. Springs that well from low places are subject to similar contaminations. Boiling for twenty minutes will render water sterile.

The country milk supply also needs watching. Pure country milk is the best known food product, but such milk must originate in cleanly barns and must be the product of cattle that are clean and healthy.. Country milk often takes a short cut from almost indescribable filth to the dining table. It is easy to study milk production when you are near the dairy barns. Such a study will not only safeguard you against the dangers of a contaminated product, but your protests will inevitably be a missionary work. They will impress upon the farmer the necessity for upholding sanitary standards about his home and in his barn."

The time is coming, and ought to be here now, when every person who goes away from home, be it to the country, mountains or seaside, will demand assurance that their food and water are

clean and free from contamination. In fact, when planning your summer outing the first thing one should do in considering a place is to write the City Health officer, if it is a city, or if in the country, the County Health Officer, getting his opinion upon the sanitary and hygienic conditions of the place, and the prevalence of contagious and infectious diseases. This plan has been used to a large extent during the last year or two, but will be used more largely as the days go by; and as we see it, should be the first thing considered in planning your summer outing.



### Dogs and Food Products

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Animals should not be permitted to contaminate human food. A dog's place is in the back yard, not in the grocery store or butcher shop. The Health Department realizes that dogs make excellent pets, but it also realizes that their contact does not improve food stuffs; therefore they should not accompany the housewife on her shopping trips. Or if she persists in taking her dog with her she should leave him outside the store.

In the outlying districts some of the grocerymen have a way of setting vegetables on the sidewalk, which we believe is contrary to the laws of the city. At any rate it is an invitation to loose dogs to contaminate the food stuff so placed.

We trust the merchants and people will co-operate with us in these matters, and not make it necessary to have a specific ordinance passed covering these points.



### Rabies

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There were several people bitten by a rabid dog in Hendersonville the other

day. The dog's head was promptly sent to the State Laboratory of Hygiene, and upon examination was found to be rabid. The parties bitten immediately left for Raleigh where they took the preventive treatment for rabies.

Do not forget that we have a law in Asheville requiring dogs to be muzzled at this season of the year, unless they are leashed when they are taken on the streets. The law was pretty well enforced last year by the police department, and will be this year. "A hint to the wise is sufficient".



### Is the Health Officers Work Worth While?

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We cannot magnify too highly the Health Officer and his work. It is a great achievement to make two blades of grass grow where only one grew before. It is a great achievement to make an acre of ground produce 100 bushels of corn where it only produced ten before, but what good can it do you when you are dead? It was a great thing to link two oceans together by steele rails, but you don't care to ride on the train when you are dead. It is a great achievement to link the two oceans together by the Panama Canal, but what will you care about it when you are dead? It is wise and proper that Congress should appropriate one hundred million dollars for good roads, and that the states and counties should use their convicts in building good roads, and that the counties, towns, and townships should issue bonds and use the proceeds in building good roads, but good roads won't be worth anything to you when you are dead. It is wise and proper that our Government should look well to the conservation of her natural resources, the conservation of her forests, the conservation of her water powers, the conservation of her



coal fields, the conservation of her soil; but these, while important, are insignificant when compared with the conservation of human life.

In the economics of a nation there is nothing so important as the conservation of human life. It has been well said by Senator Owens, that the conservation and the efficiency of our people is a problem of the first magnitude, demanding immediate and intelligent attention. And by Sir Frederick Treves, that "health is the essential factor in productiveness, prosperity and happiness, and hence in the advancement of civilization." And by Lord Beaconsfield, that "Public Health is the foundation on which reposes the happiness of a people and the power of a country. The care of the public health, then, is the first duty of a nation." And by Mr. A. H. Eller, Chairman of the State Democratic Executive Committee of this State, that "the lives and health of the people stand first among all the duties which an enlightened State owes to a loyal citizenship. Grander conceptions of human worth demand that preventable diseases be subdued as the common enemy of all."

If all these things be true, and they are true, then who would dare minimize the importance, the work, the responsibility of the Health Officer? What town council, what Board of County Commissioners would dare tie the hands of their Health Officer by refusing to make a sufficient appropriation to enable him to carry this message of life, health, happiness and prosperity to all the people of his town and county? Who would dare suggest that a Health Officer do this most important work as a labor of love? Who would think for a moment that a matter of so great and far reaching importance would occupy less than the entire time and energy of the best man that could be procured?"—From address of President of N. C. State Health Officers' Association."

#### Births reported for May:—

White .....	35
Colored .....	13

Total .....	48
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#### Deaths for May:—

White .....	18
Colored .....	11

Total .....	29
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#### Deaths chargeable to Asheville:—

White .....	4
Colored .....	8

Total .....	12
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### Measles

Measles seems to be epidemic in Asheville at this time. We have had reported to this office 89 cases. The physicians have been very careful to report the cases coming under their care. Quite a good many of the citizens of Asheville have reported cases occurring in their families where the illness was not sufficient to require the need of a physician. But there are a great many cases that have not been reported.

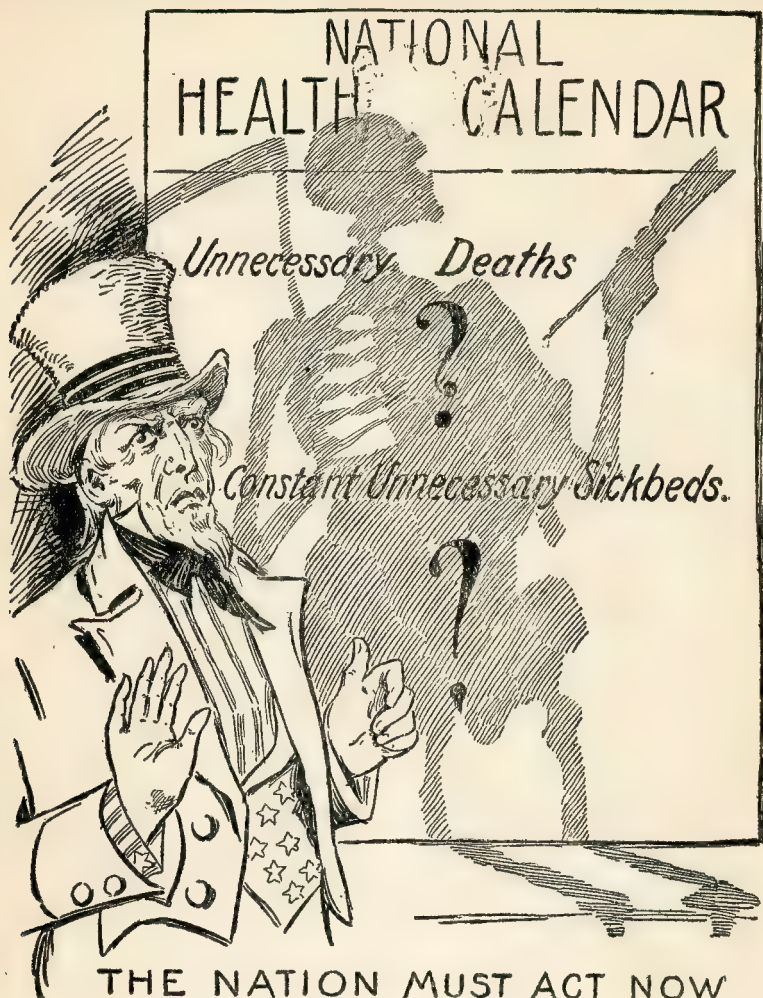
Most of the schools in the city close during the first week of this month, the public schools closing on the 7th. As the contagium has spread largely through the schools, we expect to see a decrease in the number of cases during the month of June. If the people would keep their children away from Sunday School for a month, which the Health Department recommends, we think measles would disappear in Asheville for the time being.

We are glad to be able to report that no deaths occurred in the city from measles, or from any other communicable disease during the month of May.



The baby sleeps sounder, longer and better out of doors—try it.

COMING EVENTS CAST THEIR SHADOWS BEFORE



**You!**

The State must act now  
The County must act now  
The City must act now  
The Individual must act now



# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 18

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

July, 1912

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demands* that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



"IT IS IN HEALTH THAT CITIES GROW; in sunshine that their monuments are builded. It is in disease that they are wrecked; in pestilence that effort ceases and hope dies.

Therefore, in the not very long ago, you created a Department. You bade it guard the public health. You gave it a trust that may not be broken. You charged it with a vigil that is sacred.

And you assumed a duty. You tendered fealty to this your greatest department; for had you not bade it watch over the lives of men and women and little children?

Nor creed, nor faith, nor party may forget."



"IS THERE any "right more important than the *right to live.*"



## Health Department City of Asheville BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman  
B. M. LEE, City Engineer.  
C. W. BROWN, Chairman Finance Committee,  
B. of A.  
DR. L. B. McBRAYER.  
DR. F. J. CLEMENGER.  
DR. E. B. GLENN.  
DR. W. L. DUNN.

## SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.  
C. W. BROWN.  
F. STIKELEATHER.

## EXECUTIVE OFFICERS.

L. B. McBRAYER, M. D., Health Officer,  
Phones: Residence, 124; Office, 390.  
W. H. BIRD, Sanitary Inspector, Phones  
Residence, 374; Office, 152; Stable, 294.  
L. M. McCORMICK, Meat and Milk Inspector,  
Phone 152.  
ERNEST ISRAEL, Sewer and Plumbing Inspec-  
tor.  
W. FRANCIS, Water Superintendent.

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<b>POPULATION</b>	White - 15,000	{ 20,000
	Colored 5,000	

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## To The Physicians, And Others Inter- ested In The City of Asheville:

We desire to announce that our city laboratory is prepared to make examinations for typhoid and typhoid carriers. We keep a supply of capillary tubes on hand at the Health Department Office for the collection of blood specimen, which will be furnished any physician upon application without cost. We are not only willing to make these examinations for physicians, but we are really anxious to check up every case of typhoid fever occurring in the city, in our laboratory. If the physician prefers, our Mr. McCormick will go with him and take the blood specimen himself. If the physician will furnish us the urine or faeces, we

will be glad to check up the length of time every case of typhoid continues to excrete typhoid bacilli. We are not only willing, but are anxious to do this. The same holds good for examinations for para typhoid.



## ABSENCE OF TYPHOID FEVER IN ASHEVILLE DURING THE MONTH OF JUNE.

It is a matter of record that we have no typhoid fever in Asheville except during the summer months. i. e., from May to October. It is worthy of note that not a case of typhoid fever occurred in Asheville during the month of June. This is perhaps the first June in the history of Asheville that such a statement could be made. The absence of typhoid fever means that a city is clean, and that her people are beginning to learn how to live. In fact, there is no better indication of the sanitary condition of a city than the amount of typhoid fever prevailing. We congratulate the people of Asheville over this state of affairs. And you will not be surprised when we say that the Health Department views this situation with pardonable pride.



## OUR CITY HAS A NATIONAL RE- PUTATION FOR HER ACHIEVEMENTS IN SANITA- TION

Dr. Austin and Dr. Strong, members of the town council of Charlotte, have made a strong fight for the establishment of surface closets where sewer connections could not be made, the closet, as we understand from the Charlotte Observer, modeled after ours. At the last meeting, the board of



aldermen, after a warm fight, passed the law, making it effective March 1, 1913. During discussion Dr. A. J. Crowell, who was present as a citizen to aid and abet in any way possible the improvement of the sanitary condition of the city, said: "You men are playing with an ordinance that you ought to regard as a business proposition and ought to approach in a business manner. Better sanitation was one of the things this administration promised when it swept the city in the last election. Asheville has made a national reputation in her achievements in sanitation."

You were driving the center, Dr. Crowell; and we have been greatly surprised for a number of years that Charlotte should be so far behind in this particular work. We thank you doctor for our part of it. And we congratulate Charlotte for this new evidence of advancement. And by-the-way Charlotte ought to rise up and call her doctors blessed.



## ANNUAL REPORT HEALTH DEPARTMENT CITY OF ASHEVILLE.

### To the Honorable Mayor, and Board of Aldermen:

We beg to submit herewith a brief report of the work of our Department during the year ending May 31st, 1912.



### NEW THINGS INAUGURATED.

#### Clerk.

On Sept. 1st, 1911, the Board wisely gave us a clerk, which has enabled us to do our work very much more systematically, very much more thoroughly, and very much more satisfactorily, and at the same time has relieved the Health Officer of considerable personal expense.

On account of the addition of this clerk to our Department we have been

enabled to keep daily records of all the various departments of our work, and to carry out in detail the making out of comprehensive monthly reports.

It has also enabled us to inaugurate a filing and index system for the Department, including diseases, dairies, surface closets, and various other things in connection with the office, including literature received.

The literature is now being subject indexed as received. And we had hoped to go over the literature on file and index that in like manner, but it seems impossible to get time to take this up. This is a very important matter. The management of a Health Department such as this requires a great deal of study, and unless the literature is indexed so it can be found easily, the labor of wading through the same in order to find what is wanted often makes the literature valueless.

#### Birth Reports.

The addition of the clerk has enabled us to establish a system of reporting births, with the necessary files, card indexes, etc. in connection therewith, and for which we have had ample laws for a number of years. The laws, however, remained a dead letter until April 1st, 1912. We desire to say that the physicians and midwives are co-operating with the Department in reporting births in an entirely satisfactory manner, and we believe that our birth register since the day we started it is accurate.

#### Measles.

During the year we have established quarantine of measles, and the Department has issued rules, regulations and instructions in regard to the quarantine of measles, and the prevention of dissemination of infection of measles, same appearing in our bulletin, Number 15, April, 1912.

Our observations corroborate the observations by Health Officer Levy, of

Richmond, Va., that the incubation of measles is fourteen days; that measles is contagious for five days before the eruption appears; that when measles breaks out in a school a good deal can be done to limit the spread of the disease by dismissing the school after a period of nine days has elapsed from the time the infective child was present in the room, until after the period of fourteen days from said date. During this period of five days the children who have become infected by this first case will come down with the measles, and they will be kept out of school during the infective period.

We have had reported during this year 192 cases of measles. The physicians, as is customary with the profession in Asheville, co-operated with the Department. However the larger number of cases did not have the attention of a physician. A good many of these were checked up through the public schools by means of the principals of the various schools reporting to us absences. We desire to thank Prof. Tighe, and all the principals and teachers of the various schools as well as the private schools for hearty co-operation with us in this matter, as in all other matters in which the schools can be of help in public health work.

### Smallpox.

As is known, the state does not now quarantine small pox. But on account of our city being an important health and pleasure resort, the Board of Health thought it wise to continue the quarantine of small pox, and therefore requested the Joint Health Board to pass an ordinance in regard to vaccination and the quarantine of small pox, which was done.

The Health Department, however, has changed its policy to some extent in regard to the quarantine of smallpox. It believes without the shadow of a doubt that vaccination prevents smallpox. Therefore no person who has

been exposed to the disease is kept in detention quarantine if they have an old vaccination scar. But they are re-vaccinated, their clothes are fumigated, and they are allowed to go immediately. People who have no old vaccination scar are vaccinated and kept in detention until the vaccination takes. And in case of its failure to take are kept in detention for fourteen days. This has relieved the city of a great deal of expense, and no second cases have occurred.

For our vaccinations, both in the city schools and those who have been exposed to smallpox, we have used the Lederle glycerinated vaccine virus, prepared by the Lederle Antitoxin Laboratories, and have found an extraordinarily large percentage of takes. With the exception of one small shipment of 100 tubes, we have gotten very nearly 100 per cent. of takes. The Department keeps a small supply of these tubes on hand at all times. During the year we have vaccinated 965 people, for the large part, school children. We are again under obligations to the officers and teachers of the city schools as well as private schools, for their co-operation in this matter.

### Disinfection.

Our method of room disinfection, as set forth in the report of our bacteriologist, Mr. L. M. McCormick, is as follows:

"There have been careful tests made in the laboratory of results of fumigation, the DePree candles, the Dolge candles and the Paraform-permanganate processes being the subject of experiments. These tests were made under ordinary fumigation conditions, Mr. Bishop being given the supplies, and cultures of bacillus prodigiosus.

Two candles of Dolge and two candles of DePree were supplied for each room, this being the amount recommended for 2000 cubic feet. The



rooms probably average less than this amount of air space.

Two ounces of Paraform were used in the Permanganate process as being an equivalent of the supply of candles.

The test cultures in all cases proved negative, showing that on this basis the processes were equally efficient.

The DePree candles delivered cost us 24c apiece, making 48c for a medium or large sized room.

By buying Paraform and Permanganate of Potash in bulk at wholesale rates, we get a net cost of  $6\frac{1}{2}$ c per 1000 cubic feet air space, or 13c a room.

On the basis of our May work of 183 rooms it amounted to a saving of \$64.00 in cost of material used.

The Paraform and Permanganate process brings the cost of fumigation back to practically the same as the Formaldehyde Autoclave method, in which liquid formaldehyde was boiled off into the room. This process was tedious and slow, making each room take so much time that one man could not keep up with the city work. It was the time saving point which influenced the Department to adopt the DePree candles, which were more expensive but much more quickly used. The Paraform-Permanganate process is not subject to this fault, as its use does not materially increase the time needed by the operator in doing a room."

According to these tests you will note that our new process is just as good as the others we have been using during the past number of years.

#### **We Save \$65.00 Per Month.**

You will also notice from the report that we make a saving of from fifty to sixty-five dollars per month on the material used. This is the method used in New York City.

#### **Disinfection of Picture Play Houses.**

We have during the year established a rule regarding all Picture Play Houses in town, requiring them to have their rooms disinfected once a

week by our official fumigator. And once daily they are required to have the floors and seats wiped with a disinfectant solution designated by this Department. For the present we are using the compound cresol solution.

#### **Laboratory.**

Through the kindness of the Board of Aldermen we have been enabled to establish during the year a City Laboratory. This Laboratory was established in the room formerly used as the executive office of the Department, and is well supplied with laboratory apparatus, etc. This is perhaps one of the most important, if not the most important, advance made during the administration of your present Health Officer.

Mr. L. M. McCormick of the Department has been placed in charge of the Laboratory, and is giving entire satisfaction, both to the Department, and to the physicians of the city.

We make diphtheria examinations for all persons in the city. We furnish culture media; and swabs, both for diagnosis and release of quarantine are taken by the physician in charge. This has proven very satisfactory. The laboratory work in connection with diphtheria has already saved a good deal more than it has cost.

**"The Health Department has saved to the people of Asheville \$5,000.00 on Diphtheria in the last twelve months.** The State Board of Health requires that Diphtheria should be quarantined 28 days, but provides that where a culture from the throat shows negative, the case can be released at any time.

The average length of time for the cases in Asheville during the last six months has been  $14\frac{1}{2}$  days, which would be a saving of  $13\frac{1}{2}$  days quarantine on each case, a total of 445 days saved.

Taking into consideration the confinement of a nurse with the patient, and the expense and inconvenience in-

cident to quarantine, a low estimate of the cost per day would be \$4.00, which would make a saving to the people of Asheville during the last six months of \$1,780. At the same rate for twelve months it would amount to \$3,560.

This does not take into consideration the fact of occasional cases that looked to be diphtheria, and which upon microscopical examination showed not to be diphtheria, in which cases the entire length of quarantine was saved to the family. This has occurred several times within the last six months.

On the other hand there are some cases that do not appear to be diphtheria which microscopical examination shows to be diphtheria. These cases would probably not be diagnosed as diphtheria, and would spread the disease to all children with whom they came in contact.

It is safe to say that the laboratory work done during the last twelve months has saved \$5,000, to the citizens of Asheville. There were no deaths from diphtheria in the city of Asheville during the year 1911 among the whites. Only one among the colored.

We should not forget either, that this work has been done by Dr. Dunn without one cent of expense to the city. After the first of May it will be done in the City Laboratory."—February, 1912 Bulletin.

We also make examination of sputum for tuberculosis, of blood, faeces and urine for typhoid and typhoid carriers, blood for malaria, urine and faeces for amoeba, faeces for hookworm, and various other examinations where the people are unable to pay a private laboratory to do the work.

#### **Bacterial Milk Count.**

We are also doing in this laboratory the chemical examination of milk heretofore done, and in addition the bacterial milk count. In another part of this report the bacterial count of the various dairies furnishing milk to Asheville

for one month is given. It will probably be the purpose of the Department in future to publish monthly reports of bacterial count of milk from the various dairies furnishing milk to Asheville. The bacterial count is the "last word" in regard to clean or unclean milk. The people of Asheville then can take their choice.

#### **Executive Office.**

On account of the occupying of the former executive office by the new laboratory it was necessary to have another room. This the Market House Committee from the Board of Aldermen very kindly supplied, giving us the former room occupied by the City Clerk. This is a very desirable room for the purpose and has added greatly to the convenience and efficiency of the executive work. A desk has been supplied for the Health Officer, who heretofore had to share a desk with others.

#### **Hotels, Restaurants, Bakeries, Etc.**

We have during the year conducted a systematic inspection of hotels, restaurants, bakeries, candy kitchens, etc., and have installed a scoring system in connection therewith. We have found these various institutions ready to co-operate with us in improving the sanitary conditions of their establishments. Many of them were good,—very good, to begin with. Nearly all of them have made improvements. Some of them great improvements.

#### **Surface Sewers.**

We have during the year built three surface sewers that have added very greatly indeed to the sanitary condition of the neighborhoods in which they have been built. These surface sewers have all been built of concrete, and have been let to contract under the direction of the Street Superintendent and City Engineer.

One of these extends from Orchard Street to Central Avenue. Another from North Main Street to the town branch parallel with Merrimon Ave-



nue. The third one from the corner of West Chestnut St. and Pearson Drive through Capt. Sawyer's property.

There are a great many other places in the city needing these surface sewers, but these were all that could be built during the year.

### Bulletin.

We have continued to issue the bulletin of the Health Department each month during the year. We feel that we have been amply repaid for the extra amount of labor and expense required. We have on the regular mailing list about 2000 names.

We continue to receive very complimentary letters in regard to the bulletin from every state in the Union, and from various places in Europe. Of course the main idea in issuing the bulletin is to help the people of Asheville. To that end we have at various times issued bulletins devoted to special subjects. For example: typhoid fever, measles, tuberculosis, rabies, milk, etc., and every case of these diseases that occurs is furnished with copy of the bulletin relating to that particular disease.

Occasionally we have distributed these bulletins to the children attending High School, and have given prizes (out of the personal funds of the Health Officer), for the best essay on matters contained in the bulletin. While we were disappointed at the small number of children that entered this contest, still it was very interesting and well worth while.

### Exhibit at Western North Carolina Fair.

At the last Western North Carolina Fair our Department had an educational exhibit. It is unnecessary to go into detail in regard to this matter. But it is well to put on record that the people who visited the Fair seemed greatly interested in our Exhibit, and we feel that much good was accomplished.

During this exhibit we had requests from as many as 200 people for copies of our bulletin, and to be placed on our regular mailing list.

### TUBERCULOSIS.

We have continued during the year our splendid system of reporting tuberculosis, and fumigating every room occupied by a tubercular person before being occupied by another person. Our laws on this phase of public health are very extensive and thorough, and the system of checking up after these cases is very satisfactory. The physicians and people as a rule co-operated with us very thoroughly. While there are exceptions to the rule in both cases, at the same time we have had no serious trouble. i. e., we have not been compelled to resort to the courts in order to get the laws complied with. The law is certainly not a dead letter by any manner of means, as doctors, citizens and visitors will all testify.

While we do not wish to seem egotistical, yet we feel perfectly safe in stating that no city in the world has better laws or a better system in regard to handling tuberculosis than have we. And we can safely go a step further and say, that no city enforces more strictly its laws in regard to tuberculosis than do we. The exceedingly low death rate among our natives from tuberculosis that is mentioned on another page in this report, is the strongest possible corroborative evidence of the statement made above.

### Phthisophobia.

There has in the past been considerable objection made by some of our citizens to the mention of this disease. The reason given for this objection is that in so doing we advertise our city as a place where tubercular people come.

We believe with them, that the teaching and preaching of the societies for the prevention of tuberculosis dur-

ing the past few years have had a tendency to turn a certain class of people from a city which they are told is inhabited by a more than average number of consumptives. We think, however, that their position is wrong in that they believe that it is the publication of these facts that has been done here in our city that causes a fear of residence in our city. Such is not the case.

Societies and boards of health, both state and municipal, throughout our land have for several years been advertising, by means of literature, lectures and exhibits, the great danger of tuberculosis, and the probability of that individual becoming infected who lives in a house that has been occupied by a consumptive. They apply this teaching also to cities that are known to be the homes of consumptives, as well as to the houses. Now it is this teaching which is carried on in other parts that tends to hurt our city, not that which is done here.

What, then, can we do to counteract this influence? Obviously we cannot in any way lessen the fear of residence in a health resort which is produced by instructions received in other localities. We cannot, and we would not if we could do anything to interfere with the education of the public as to the danger of tuberculosis, for we know it to be true, and the sooner we acknowledge it the better.

There is one thing, however, which we can do to establish the confidence in this place which it deserves. It has been successfully tried in other towns both in this country and abroad, and it can be done here. That is: **Let the people everywhere know that we realize the dangers of tuberculosis and that we are protecting our inhabitants against infection.** The result will be the same as it is after a suspected house has been disinfected. People have the same fear of moving into a

house that is infected with tuberculosis, but when the Health Department assures them that we have thoroughly fumigated it they move in without fear. This result has occurred when a fearful public has learned that a certain city has been thoroughly cleaned, and it will occur again.

By referring to the death rate from tuberculosis among our native population, you will note that our death rate from tuberculosis is far below the average death rate from tuberculosis in any town or country. That proves conclusively, beyond any reason of a doubt, that Asheville is not only as safe a place in which to live as any other place in the world, but that it is actually the safest place in the world so far as tuberculosis is concerned. The only other place that comes anywhere near us is some few tuberculosis health resorts that pursue somewhat the same methods that we do.

If we continue to hide our light under a bushel as has been the policy of our business organizations in the past, if we continue to allow people throughout the United States and the world to know that tuberculosis people come here for their health, which is true, and we certainly cannot prevent it when they already know it, and yet refuse to allow them to find out that we protect our citizens and our visitors alike from infection from this disease, it will militate even more strongly against the business interests of this town than it has in the past, because other health resorts are advertising the fact that their towns are safe to live in, notwithstanding the fact that they are health resorts. One Board of Trade devoted one-half of a twelve page folder to information in this particular line. We would earnestly commend this to the Board of Aldermen, Board of Trade, and all other business organizations in the city.



## NEW SURFACE CLOSET SYSTEM

Our surface closet system established during 1910 has proven very satisfactory from every standpoint. It had considerable to do with the diminution of typhoid fever referred to above. During the year of 1910 the water of nineteen springs and wells surrounded by surface closets were examined and found polluted and condemned,—i. e., closed up. During March and April of this year the water from all of these springs and wells was examined again and not one of them was found polluted. A few cases of typhoid fever occurred during 1911 in connection with these springs and wells, while during 1910 a considerable number occurred around them.

These closets have been copied in some towns in North Carolina and in South Carolina, and in various other states, and as far away as Canada; and so far as we are able to learn have given satisfaction in every instance.



## CITY WATER

The city water has been not only absolutely free from pollution, but absolutely free from suspicion during the entire year. The director of the State Laboratory of Hygiene who does the water analysis for the State Board of Health, and makes an analysis of our city water once every month, stated to me that there could be no better unfiltered water than ours.

We commend the Board of Aldermen for their wisdom in buying another piece of property, being a part of the water shed on a stream that is intended to be used in case the regular supply runs low; and in extending the intake of this stream to a point where we own the entire watershed, and thereby giving us full control of same, and making it impossible for this stream to become polluted, and therefore making

it as pure as the stream we are using. We will therefore have no hesitancy in using this stream in case we need it in future.



## MILK

It gives me great pleasure to state that I believe we have the finest quality of milk, which of course means among other things, the cleanest milk, of any city in the South, or in the United States, for that matter.

### Richness.

Our law allows the milk sold on the Asheville market to contain a minimum of 3.25 butter fat (butter fat means the richness of the milk). At the same time it is very seldom that any test made shows less than 4 per cent; a great deal of the milk 5 per cent, and quite a little over 5 per cent, some of it sometimes reaching 6 per cent.

### Cleanliness.

We have for several years closely inspected the dairies furnishing milk to Asheville, and made a daily inspection of the milk wagons that deliver milk on the Asheville market with particular reference to any visible dirt in the milk, all of such milk being condemned and confiscated on the wagon; and this inspection has greatly improved the quality, i. e. the cleanliness of our milk.

### Bacterial Count.

The bacterial count is the last word as to the test of the cleanliness of milk. We have established this bacterial count in our new laboratory, beginning about the first of May. The dairymen have been greatly interested in this work, and have set about to improve their methods, especially in regard to cleanliness; and all of them have greatly reduced this count. And according to this count we have abundant proof that we have the cleanest milk of any city in the United States.

A bacterial count of 100,000 is con-

sidered fairly good milk. A bacterial count of less than 10,000 is considered extraordinarily fine milk, and known as certified milk; and few cities in the United States are able to have their dairies furnish this certified milk. We give below the standing of our various retail dairies furnishing milk to the Asheville market. You will note that the Biltmore Dairy for the month quoted shows an average bacterial count of 5,000, while at no time during the month did it show above 7,000. Laurel Springs Dairy run by Mr. D. S. Hildebran comes in a close second, and but for some little lapse in technique in the production of milk secured for one examination would have averaged below 10,000. You will notice that the highest bacterial count for the month was 80,000, which is not a bad milk. An important city reporting the bacterial count of her milk last month showed the lowest bacterial count held by any dairy to be 45,000. It is interesting to note that we have only seven dairies furnishing milk to Asheville above that figure.

#### Bacterial Count for June, 1912, of Retail Dairies.

Biltmore .....	5,000
Laurel Springs .....	10,000
Violet .....	11,000
Montford .....	12,400
Melrose .....	14,500
Roseland .....	15,000
Gashes Creek .....	19,000
Anandale .....	20,000
Sunset .....	21,000
West Bend .....	25,000
Park Farm .....	27,000
Oak Grove .....	28,000
Early .....	28,000
Brown's Creamery .....	30,000
Brown Wiley .....	30,000
Maple Leaf .....	35,000
Middle Brook .....	40,000
Mountain Meadows .....	50,000
Oak Springs .....	50,000
Fenner Farm .....	60,000

Sevier .....	60,000
Swannanoa .....	62,000
Fairview .....	70,000
Beaverdam .....	80,000

Brown's Creamery shows a bacterial count of 30,000. This Creamery is a milk depot, and buys milk by the wholesale from perhaps twenty dairies, and retails it over the city.

#### New Milk Depot.

Mr. Curtis Bynum in connection with Brown's Creamery, will in the course of a month have finished a new building at the corner of Patton Avenue and Clingman Avenue that will be thoroughly up to date from every standpoint. They have their own refrigerating plant, and in addition to making use of the accommodations in the several different rooms for all the cold storage they can need, they will use an improved bottle for bottling the milk and will have a pasteurising plant that will pasteurise milk after it is bottled. They will also have a different pasteurising plant where they will pasteurise in wholesale the milk from which they make their butter. This will be a great advance in the handling of milk in Asheville, and I am quite sure this firm will receive the co-operation and patronage of our citizens. The Health Officer desires to convey his thanks to these people for the great benefit they will do the city of Asheville by the establishment of this plant,

#### Water Supply of Dairies.

During March and April we examined the water supply of all the dairies that furnish milk to the city of Asheville. The larger part of the water used by the dairies was found unpolluted. Several of the dairies were using polluted water. These were promptly notified and co-operated with the Department in improving their water supply, and in the meantime were required to boil the water used in washing their milk pails, milk cans and milk bottles.

In the new milk depot above referred to as nearly finished, they have arranged to wash and sterilize the milk cans, and milk pails used by the dairymen who sell them milk.

### Cows Tuberculin Tested.

Every cow furnishing milk to the city of Asheville is tuberculin tested annually. Upon the completion of the tuberculin test for 1911 only two cows had been condemned, which is about our usual per centage. About one-fourth of one per cent.

### Cows in the City of Asheville.

The Joint Health Board issued instructions that all persons who owned cows in the city of Asheville and sold milk to their neighbors from private cows should have the same tuberculin tested, and should conform to all the rules and regulations required of the dairymen. To this end we offered to tuberculin test free of charge the privately owned cows of the city whether or not the owner intended to sell milk, and for three days we tested all the cows that were brought to the City stables, to the number of 85. This was about a fourth of the cows in the city. One cow was condemned and slaughtered. The milk inspector reported that the cows were clean, well kept, and in good physical condition.



### STATISTICAL.

#### Contagious Diseases Reported and Quarantined

Diphtheria .....	46
Scarlet Fever .....	17
Smallpox .....	18
Measles .....	143

Total ..... 224

#### Communicable Diseases Reported:

Typhoid .....	60
Deaths from Contagious Diseases:	
Diphtheria .....	1
Scarlet Fever .....	

Smallpox .....	
Measles .....	5
Deaths from Communicable Diseases:	
Typhoid .....	3
Diphtheria Cultures made at Dr. Dunn's Laboratory from October 1911 to June 1912, nine months:	
Positive .....	96
Negative .....	130

Total ..... 239

Cultures made at City Laboratory during April and May:

Diphtheria, Positive .....	11
Diphtheria, Negative .....	22
Tubercle Bacillus, Neg. ....	1
Intestinal Paracites, Positive ....	1

Total ..... 35

Bacterial Milk count ..... 154

First class mail sent out during last six month ..... 960

Fourth class mail sent out during last six months..... 9,590

Total number pieces mail sent out ..... 10,555

### Sanitary Inspection.

Total number dead animals removed .....	4,199
Loads of leaves, trash, earth, etc., hauled .....	5,501
Miles of streets sprinkled and flushed .....	1,616
Number of scavenger service rendered .....	7,863
Number of closet inspections.....	12,163
Number stable inspections .....	3,492
Number yard inspections .....	16,052
Number special inspections .....	725
Total number inspections.....	32,432
Privately owned horses .....	700
Privately owned cows .....	320
New surface closets built .....	28

### Fumigations.

Rooms fumigated for County ..	37
Rooms fumigated for Charity..	39
Rooms fumigated for City	
Schools .....	101



Rooms fumigated for residents..	1,107	Clerk (Buckner) ..	360.00	
Total number rooms fumigated.	1,284			\$5,040.00
<b>Milk Inspection.</b>		<b>Wages.</b>		
Dairies visited .....	205	Street Sweeping....	5,294.72	
Retail wagon inspections .....	890	Scavenger .....	883.98	
Wagons stopped on street and inspected .....	1,127			6,178.70
Milk condemned for visible sediment .....	235 qts., 152 pts.	<b>Forage.</b>		
Creamery inspections .....	39	Oats and Corn ....	\$2,478.79	
Chemical analysis of milk and ice cream .....	290	Hay .....	436.10	
Samples of dairy water sent to Raleigh for analysis .....	51	Freight and Drayage .....	114.59	
Dairy cattle tuberculin tested...	757			3,029.48
Private cows tuberculin tested..	85	<b>Supplies and Repairs.</b>		
Total number cattle tuberculin tested .....	842	Pay Roll .....	\$ 647.50	
<b>Meat Inspection.</b>		Printing .....	308.00	
Abattoir:		Vaccine .....	13.06	
Carcasses inspected .....	4,654	Supplies (hose, axle, nuts, rings, clips, rakes, harness, books, etc.) .....	610.57	
Condemned, lbs. ....	5,417	Repairs .....	295.60	
Market House:		Freight and Drayage .....	95.95	
Carcasses inspected .....	5,697	Fumigators .....	810.02	
Condemned, lbs. ....	3,608	Formaldehyde .....	105.83	
Meat Market inspections .....	515	Cans .....	141.77	
Fish Market inspections .....	314	Capillary and Culture Tubes .....	156.45	
Vegetable Market inspections..	270	Electrotypes .....	6.15	
Confectionery inspections .....	37	Blacksmithing .....	30.64	
Bakery inspections .....	55	Disinfectants .....	129.45	
Restaurant, Hotel, Lunch room inspections .....	138			3,350.99
Total number food inspections..	1,329	<b>Incidentals.</b>		
<b>Salaries.</b>		Rent of Stables....	\$ 177.00	
Sanitary Inspection.		Petty cash (postage \$120, carfare \$100. etc.) .....	271.10	
Sanitary Inspector (Bird) .....	\$1,200.00	Phones .....	57.65	
Asst. Inspector (Ray) .....	600.00	Lights .....	58.13	
Health Officer (McBrayer) .....	600.00	Dumping Ground ..	250.00	
*Clerk (Buckner)..	360.00	Livery .....	210.00	
Food Inspection:		Miscellaneous (insurance, doctors fees, subscriptions, fuel, etc.) .....	261.17	
Food Inspector (McCormick) ...	1,200.00			1,285.05
*Asst. Inspector (Brandl) .....	720.00			

**Equipment.**

Mules and Horses ..\$	625.00
Desk .....	25.00
Supplies (wheels, air compressor, brooms, typewrit- er, etc.) .....	420.76
	<hr/>
	1,070.76

**Pest House.**

Wages .....	\$ 4.13
Maintenance pa- tients .....	110.92
	<hr/>
	115.05

**Laboratory.**

Supplies .....	\$ 74.44
Equipment .....	92.39
	<hr/>
	169.83
	<hr/>
	\$20,239.86

\*Owing to a change in salaries since last June, this report does not exactly balance with our Journal of Disbursements.



### REDUCTION OF TYPHOID FEVER

We have kept a very accurate record of every case of typhoid fever that has occurred in the city during the years of 1910 and 1911; and an inspector has visited every case and looked thoroughly into the probable cause of same.

Every dairyman is notified immediately when a case of typhoid fever or any other contagious or infectious disease occurs in a family to whom he is selling milk, and the same is charged up to him on his card kept in the card index of dairies.

Our records show that we had just

half as many cases of typhoid fever in 1911 as we had in 1910. In fact the Health Officer and other physicians in the city have in years gone by each treated more cases in their private practice than we had in Asheville during the year of 1911. To be accurate during the year of 1910 we had 119 cases. During the year of 1911 we had 60 cases. At a very low estimate it is safe to say that the diminution in typhoid fever alone last year saved the people of Asheville sufficient money to pay the semi annual interest charge on her entire bonded indebtedness. To say nothing of the mental anguish of friends on account of sickness and death of their friends and loved ones, and the suffering of the patients affected with the disease, which cannot be estimated by dollars and cents.

In our tabulation of the cases of typhoid fever for the two years, we note that unsanitary surroundings was charged with 66 cases in 1910, while in 1911 this condition was charged with only 20.



### TABULATED STATEMENT FOR THE TWO YEARS:

	1910	1911
Traced to probably butter man .....	2	7
Traced to probably contact in home, second case...	12	15
Traced to probably impor- tation .....	30	13
Traced to probably unsatis- factory sanitary condi- tions .....	66	20
Untraced .....	9	5
	<hr/>	<hr/>
	119	60



### OLD NUISANCES ABATED.

During the year we have succeeded in abating a number of nuisances that

have been causing the Board of Health trouble for some years. Among them we might mention:

#### **Simmons' Row.**

At the corner of Poplar and Brick streets was a row of old disreputable tenement houses hardly fit for human habitation. The Department issued orders that all these houses be connected with the sewer, and that they be put in proper condition for habitation. The owners, after careful consideration, decided that rather than spend this additional amount of money they would tear the buildings down, which has been done. It is useless to say that this solution of the problem was more satisfactory to the Health Department than any other could have been.

#### **Sewer Line Extensions:**

The Water and Sewer Committee has during the year extended sewer lines in the Eastern part of the city to great advantage, enabling us to do away with a large number of surface closets. The people co-operated with us gladly, although it was at great expense; for the most part these new sewer lines extended through the colored section of the town.

A notable exception was a wealthy property owner who neglected, and almost refused to connect his tenement property with the sewer, and after receiving favors from the Board of Aldermen in connection therewith, he had the happy faculty of forgetting all about it, including orders that had been received in connection therewith, until he was summonsed more than once before the police court. He was an adept at loss of memory, and an expert in excuses. The last time, however, he was before the police judge, an intimation from the judge that unless this property was connected with the sewer within thirty days, the wealthy property owner might be doing time on the county roads, seemed to bring

about the desired result, and we are glad to report that he connected these houses. And later, when ordered to connect another house, did so promptly.

#### **Gene Atkins' Dairy.**

This property situated at the corner of Pearson Drive and West Chestnut Street, in the midst of one of the best residential districts in the city, has been an eyesore and a nuisance to the neighbors for several years. To make bad matters worse, natural drainage carried the surface water from the Montford Schools to West Chestnut St., through this property. After this property had given the Department much trouble for many years, Mr. Atkins finally disposed of it to Mr. S. Sternberg, and the city built a surface sewer through it, to the delight of the inhabitants of all that part of the city.

#### **Banner Warehouse.**

At the corner of Walnut and Lexington Avenue, this property, now known as the Western North Carolina Garage, has also given the Department a good deal of trouble for a number of years. A good deal of surface water has been running through the basement of this building, and the water used for washing automobiles was also turned through there; and to make bad matters worse, a spring wells up under this building which makes it necessary to keep the drain open. The building had never been connected with the sewer, and although in the heart of the city was a nuisance in every sense of the word. A water closet has been installed in the building, a wash stand has been built, all of which has been connected with the sewer; and the underground drainage has been greatly improved. While this building is not what it ought to be, yet we feel greatly encouraged.

#### **Southern Freight Depot.**

The freight depot yard and the



drainage, under and surrounding the depot has given the Department a great deal of trouble. Mr. C. C. Hodges, Superintendent at this place, and the other officers, have shown a disposition to co-operate in every way possible with the Department, and the drainage under the freight depot and at the back of the freight depot, has been greatly improved. Perhaps the chief feature in connection with this nuisance was the yard in front of the freight depot where the teams used in hauling freight stood to load and unload. The Company from time to time placed cinders on this yard, but it soon dug out in holes, and the frequent rains caused water to stand there, which made it very bad indeed. The Department has been insisting for more than a year that the Railway Company pave this yard with some kind of impervious paving material. We are glad to report at this writing that the brick is on hand, and that the Company has begun grading the yard preparatory to paving it with brick. We appreciate this additional evidence of the Southern Railway's continued interest in Asheville.



#### FLY CAMPAIGN.

We have continued during the year our fly campaign, through our bulletin, through posters, and through stable and yard inspection, all stables having been inspected at least twice monthly, and in case they seemed lax about observing the law, they were inspected weekly.

We feel that we have been able to do some good in the extension of the fly campaign beyond our borders. We have sent our literature as far away as Australia.

#### Fly Exhibit.

Our Mr. McCormick has prepared a fly exhibit composed of the four different stages of development of the fly,

—the egg, larvae, chrysalis and the adult fly, in jelatin. These exhibits were used at the Western North Carolina Fair, and have been sent to many people interested in the study of the fly throughout the United States, and have at all times proven very interesting and instructive.



#### MR. McCORMICK VISITS NEW YORK AND OTHER POINTS.

During January and February our Mr. McCormick spent six weeks in New York City and other points, inspecting laboratory methods, milk inspection and other methods of health department work. He was given a six weeks vacation with pay in order to do this. We feel that the city of Asheville has already been paid many times for the time and expense of this visit. There is nothing by which we can learn so rapidly as by seeing. The kindergarten methods serve us mighty well when we are older. Mr. McCormick picked up many things, any one of which is worth far more than the time and expense of the trip—not to him, but to the people of Asheville.



#### ASHEVILLE'S DEATH RATE.

Total number of deaths in Asheville during 1911 were 365, which based on a population of 20,000—white 15,000, colored 5,000—would give us a death rate of 18.2-10. A considerable reduction over the year 1910.

However, 139 of these deaths were people who came here from other States for the benefit of their health, many of them in a moribound condition. While for the purpose of national vital statistics we are well aware of the fact that these deaths must be charged up to Asheville because there is nowhere else to charge them, but so far

as the health of Asheville is concerned, they are not to be charged up to Asheville. Subtracting these from the total number of deaths would give us a death rate among our own citizens of 11 3-10.

There were 245 deaths among the white population; 124 of these were not chargeable to Asheville, which would leave 121 deaths among our white population bona fide citizens, or a death rate of 8 per thousand.

The deaths among the colored population, bona fide citizens of Asheville numbered 105, which would make a death rate of 21 per thousand.

Deaths among the white population between 50 and 60 years.....	10
60 and 70 " .....	13
70 and 80 " .....	16
Above 80 " .....	4

Total deaths above 50 years of age..43 which is 19½ per cent of the total deaths among the white people.

Total number of deaths, white, under two years is 27 which is 13½ per cent.

Death among colored population between 50 and 60 years.....	5
60 and 70 " .....	2
70 and 80 " .....	2
Above 80 " .....	5

Total above the age of 50 years.....15 which is 13 per cent. of the total deaths among the colored people.

Of the 27 deaths, white, under two years of age, 21 were under one year of age.

Of the 27 deaths, white, under two years of age, 9 were from Diarrhoeal diseases.

Of the 21 deaths, colored, under two years of age, 15 were under one year of age.

Of the 21 deaths, colored, under two years, 10 of them, or 49 per cent, were from Diarrhoeal diseases.

Number of deaths of infants under one year 36.

The average for registration area would give us 41.

Death rate of children under one year per thousand, 1.8.

While the average for North Carolina per thousand is 3.7.

If we had had as many deaths in Asheville under one year as is the average for North Carolina, we would have had 74 instead of 36.

### Deaths From Pulmonary Tuberculosis.

Of deaths from tuberculosis there were only two white and two colored among the population of Asheville, making a death rate per thousand for the white of 13-100, or one death per 7500 population. Among the colored population the death rate would be 4-10, or one death for every 2500 population.

The average death rate for the United States for 1910 from tuberculosis was 1 6-10 per thousand,—or for a population of 20,000 it would be 32, while we had only four deaths white and colored. For the white population the number of deaths from tuberculosis were only two, therefore, the average death rate throughout the United States is twelve times as great as our death rate for the white population, and eight times as great as the death rate for both white and colored.

Surely Asheville is not a very dangerous place to live from any standpoint, and especially safe as regards tuberculosis.—Feb., 1912, Bulletin.



### ASHEVILLE CLIMATE.

The United States Weather Bureau Station at Asheville furnishes the following data, averages for nine year observations.

Mean annual temperature, 54 deg.  
Normal precipitation, 49.56 in.

Highest temperature recorded in nine years, June 11, 1911, 92 deg.

Lowest temperature, February 14, 1905, 6 deg. below zero.

In nine years' observation July was shown to be the hottest month with an average temperature of 72 deg.; January the coldest month with an average temperature of 35 deg.; March the wettest month, average precipitation of 5.08; October the driest, with precipitation of 2.94. Average morning humidity was 85 deg., average evening humidity 72 deg. The yearly average sunshine out of possible 100, 59 per cent.

The combination of a southern latitude and 2250 feet elevation gives Asheville a comparatively even temperature. The hot or cold periods are seldom of more than three days duration.



From time to time we receive clippings from papers in regard to health matters, and quite often no name accompanies the same, and we are unable to know from whom it comes. We desire to express our appreciation of this interest. And unless there is some reason we would much prefer to know by whom the clippings are sent, so that we could make proper acknowledgment; and also that we might know those who are so intelligently interested in our work. Let me say here, that all such clippings, as well as all the clippings that we gather, and all the literature received pertaining to public health work are filed in our office and indexed; and any one desiring to look up matters pertaining to the Public Health is entirely welcome to come to the Health Department Office and use our library. The only condition being, that they must not take anything from the office, and that it must be returned to the clerk, or placed in the file where it was found before the parties leave the room.

## THINGS NEEDED.

### City Prison.

We would not like to see in print language describing the condition of our city prison. A remodelling of our city prison with steel cells and concrete floors and walls is absolutely imperative. We are glad to say that the Board of Aldermen have this subject under consideration, and we have every reason to believe that during the year they will remodel the city prison and make it ideal from the standpoint of sanitation and comfort.

### Market House.

Our market house is a place visited by the large majority of the housewives of our city, and by a large number of our visitors. While from this standpoint we would desire that it be attractive, yet there is a far more important phase of this subject. The larger part of the meat and the vegetables used by the citizens of Asheville, and the visitors as well, passes through this market house; it is therefore important that it be kept in the most sanitary condition possible. The present structure does not lend itself well to ventilation and cleanliness. However, it could be greatly improved. We are advised that the Market House Committee and the Sanitary Committee of the Board of Aldermen have under consideration at this time the improvement of the conditions in our market house, according to recommendations of the Board of Health.

### A New Market House.

In reality there is nothing that will make our market house what it ought to be except the erection of a new one. The finances of the city will not admit of this at the present time. But we trust that in the near future the city will be able to erect such a market house as will meet the needs of this growing city, and be in keeping with



the splendid reputation of the town for civic cleanliness.

#### **Incinerator Plant.**

The city is greatly in need at this time of a better method of garbage and refuse disposal. We have for the last several years been placing it on a farm some three miles out of town. This is very unsatisfactory. We need an incinerator where all the trash and small dead animals can be burned. Our city has also reached the size where it should begin the collection of garbage, i.e., the refuse from the kitchen. This could also be destroyed in the incinerator plant. I am glad to say that Mr. W. R. Patterson, chairman of the sanitary committee, has this matter under consideration at this time, and he hopes to be able to establish the incinerator plant and get the system to working without great expense.

#### **A Retiring Room for Ladies and Gentlemen.**

We need a retiring room for ladies and gentlemen very badly. In Washington these are built in the parks; are of one story construction, and instead of being an eye-sore, harmonize beautifully with the surroundings. It is our opinion that a building of this kind could be placed somewhere between the city hall and Vance Monument, and add greatly to the health as well as the convenience of our citizens, while if properly placed and constructed would not detract from the beauty of Pack Square. Mr. W. R. Patterson, chairman of the Sanitary Committee has this under consideration, and we trust he will be able to work out his plans during the year.



#### **School Inspection.**

To those who give attention to such things it is apparent that we need a thorough system of school inspection. We are not inadvertant to the fact that Superintendent Tighe of the City Schools and the teachers also, are anx-

ious that this school inspection should be established. The only thing that prevents the Department and Board of Education from establishing this system of school inspection, is the lack of money. We have gone our limit in asking the doctors of Asheville to work without pay for the prevention of disease among our people. While they have never once faltered or failed to respond, yet, I say we have gone our limit in this direction.

Had you ever thought of it? Every disease prevented in our city of Asheville means so much less money in the pockets of the physicians of Asheville. And yet, when they espouse the cause of prevention of disease, and all of them do, some are so foolish as to charge them with a desire to enhance their own income thereby. A first grade pupil in the public schools ought to know better than that. And yet it would seem that some of the authorities would continue to accept these valuable services without one cent of remuneration, until disease was vanished from our fair city, and the doctors had not so much as a bone on which to appease their hunger.

#### **A Saving in Dollars and Cents We Spend in Our Schools.**

On account of the lack of this School Inspection, many children fail to pass their grades, and thereby practically lose all the money that was spent on them during the year. We have not the exact figures at hand, but we estimate that there is a loss in the schools of Asheville of perhaps five thousand dollars per annum on this account. It would seem then from a financial standpoint the city could well afford to establish this inspection. We have not the plans in detail for this inspection, but if some one will intimate for a moment that the money can be found, the plans will be forthcoming in short order, and we promise to do our very best.

## Members of the Board of Health Should Receive Pay.

I know of no person or persons connected with the city administration who work without any remuneration whatever, except the members of the Board of Health. While they do not have as many meetings as the Board of Aldermen, I am quite sure their work is of equal importance with the Board of Aldermen. And I think the city of Asheville has accepted this work as a gratuity long enough. Occasionally a member of the Board of Health is called upon to go out and inspect certain conditions in order that he may act intelligently upon the same.

We recommend that the Board of Aldermen pass a resolution or ordinance paying the members of the Board of Health four dollars for each meeting attended whether it be Board of Health or the Joint Health Board; those members of the Joint Health Board who are ex-officio members of the Board of Health to receive no extra compensation when they attend meetings of the Joint Health Board.



Plenty of pure air and its natural accompaniments will cure as many ills as will medicine.



## FINALE.

### Appreciation and Commendation.

We cannot close this report without expressing our appreciation for the hearty co-operation of the Mayor, Board of Aldermen, Sanitary Committee, Board of Health, and all the various officers and employees connected with the Health Department. They have, all of them, without an exception, been kind and courteous, and attentive to our varied wants. No officer or employee of the Department has ever

been too busy or too tired to take up any special or extra work needed to be done, whether it be during the regular hours or at other times. We thank them one and all for their hearty support and co-operation, without which nothing worth while could have been accomplished.

We desire to express our appreciation of the hearty co-operation of the physicians of the city of Asheville, who have, at their own time and expense co-operated with us in every way possible, and to the fullest extent.

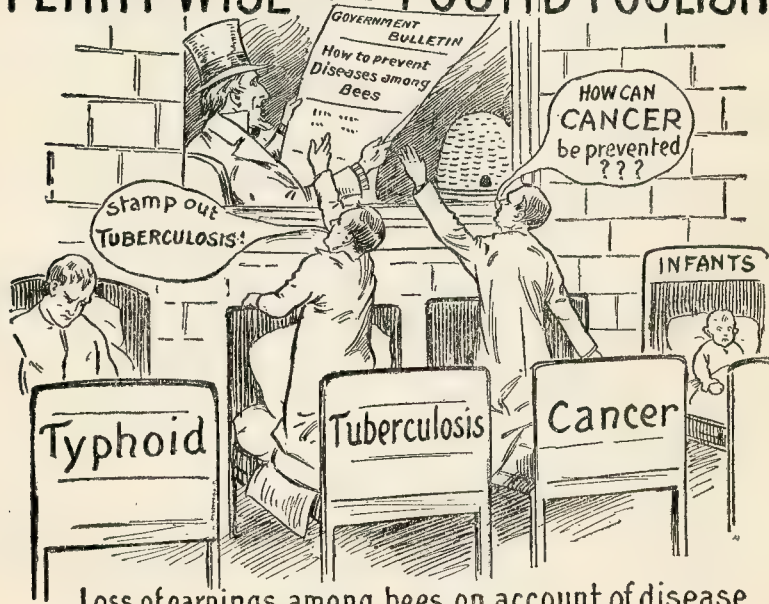
To the members of the Board of Health especially, do we express our appreciation for their intelligent and faithful support. It is not to be forgotten that the members of the Board of Health do this work as a labor of love, without reward or hope of reward, except the reward of a consciousness of good to their fellowmen, which is a daily accompaniment to every member of the medical profession.

We cannot find words to express our appreciation of the laboratory work done for the city by Dr. W. L. Dunn in his own private laboratory. Dr. Dunn continued this work up to May 1st, when our new City Laboratory was in working order. While nothing but the diphtheria cultures was done by Dr. Dunn, during the winter months this became very burdensome, amounting one month to more than sixty examinations. The Health Department, and the people of Asheville as well, are under lasting obligations to Dr. Dunn for his kindness and philanthropy.

We are greatly indebted to Mr. J. M. Clark, custodian of the City Hall, and the Market House Committee of the Board of Aldermen, for a thorough renovation of the offices, council chamber, police court room, and in fact every part of the City Hall except the City prison and market house. This was a work badly needed, and it has been well done.

From the Annual Report in this Bulletin it is evident that our city administration places a greater value on the lives of our men, women and children than on the lives of bees, or trees, or cows or hogs, and our intelligent citizenship lends approval and encouragement. Thus we are enabled to go forward and accomplish yet greater things.

## PENNY-WISE AND POUND-FOOLISH



Loss of earnings among bees on account of disease  
\$ 1,000,000 - annually.

Loss of earnings among people on account of disease  
\$ 3,000,000,000 - annually.



# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 19

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

Aug. 1912

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demand*s that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



"OF ALL phenomena my own race are the most mysterious and undiscoverable."  
—*Thoreau.*



"SIDE by side with the conservation of resources I would place the preservation, protection and perfection of mankind."  
—*Gov. Dix.*



"ILL fares the land, to hastening ills a prey.  
Where wealth accumulates and men decay."



## Health Department City of Asheville

### BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.  
 B. M. LEE, City Engineer.  
 C. W. BROWN, Chairman Finance Committee,  
 B. of A.  
 DR. L. B. McBRAVER.  
 DR. F. J. CLEMINGER.  
 DR. E. B. GLENN.  
 DR. W. L. DUNN.

### SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.  
 C. W. BROWN.  
 F. STIKELEATHER.

### EXECUTIVE OFFICERS.

L. B. McBRAVER, M. D., Health Officer,  
 Phones: Residence, 124; Office, 390.  
 W. H. BIRD, Sanitary Inspector, Phones  
 Residence, 374; Office, 152; Stable, 294.  
 L. M. McCORMICK, Meat and Milk Inspector,  
 Phone 152.  
 ERNEST ISRAEL, Sewer and Plumbing Inspec-  
 tor.  
 W. FRANCIS, Water Superintendent.

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**POPULATION** { White - 15,000 { **20,000**  
                           Colored 5,000 {

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### THE DUTY OF A HEALTH DE- PARTMENT AS WE SEE IT

First—The first aim and first duty of our Health Department, or any other Department of the city administration, is to work for the direct benefit of the citizens of our city. This we try our best to do without faltering or turning aside.

For example: We have tried consistently and presistently to prevent typhoid fever among our citizens of Asheville. We take a pardonable pride in the success we have attained. We guard closely the milk supply of Asheville, and try to have every dairyman to furnish milk of such purity that it will not produce a disordered digestion in the weakest infant, nor will it

communicate disease of any kind to the larger children or adults. We take pardonable pride in the success we have attained.

We strive to keep our stables and back yards clean and thereby prevent the breeding of flies; we endeavor to keep our streets clean, and comparatively free from dust; we give special attention to the few surface closets we are compelled to have in the city; and feel a pardonable pride in the success we have attained with all these, and many other things. All these things are done for the direct benefit of the city of Asheville.

And as an economic proposition we think the Health Department is a good investment. We feel safe in saying, and we have every reason to believe we are not exaggerating it,—in fact, we feel that we are not even telling the whole truth, when we say that the Health Department of the City of Asheville saves to the citizens of Asheville every year in the prevention of disease an amount equal to the entire annual interest charge of the entire bonded indebtedness of the city.

This is cold cash, and does not take into consideration the pain and anguish caused by disease; the broken hearts of husbands for the wives that have gone, of wives for husbands that have gone, of parents for the empty chair, of orphan children for the care and protection of parents. These things are of such magnitude they cannot be estimated in dollars and cents. But are to be credited, however, to the Health Department in addition to the amount mentioned above. This, as we said, is the first duty of the Health Department; and if we mistake not, we keep it constantly before us.

Second—But it occurs to us that the Health Department, and any other Department of our city administration for that matter, has another duty to perform, which we might speak of as an

indirect benefit to the citizens of Asheville. For example: The first duty of the Water and Sewer Department was to furnish pure water to the citizens of Asheville, and to install a proper sewerage system for the disposal of sewerage from residences, hotels, boarding houses, business houses, etc. This, as every citizen of Asheville knows, the Water and Sewer Department has done. Now it would seem that the second duty of the Water Department would be to let the people throughout the United States know that we have this pure water. Many people might be deterred from coming here because they do not know they would be furnished pure water to drink. Then, if the Water Department should inform these people that we have absolutely pure water in the City of Asheville, those people would come to our city. And our hotels, boarding houses, real estate men, grocery men, merchants, bankers, dairymen, laundrymen, liverymen, baggagemen, street railway, Southern Railway, laborers, both men and women, and through the money they spend, and taxes they pay, every human being in the city of Asheville would receive an indirect benefit on account of the coming of these people; and the same should be credited to the Water Department for informing these people that we have pure water in the city of Asheville.

The same might be said of every other Department in the city. But perhaps this line of reasoning is more applicable to the Health Department than any other.

It is a matter of fact at this time that some people in a nearby southern state refused to send their children here during the summer months because they are not informed whether or not their children will be able to secure a first class quality of milk to use while in the city. It is also a matter of fact that the milk furnished to the city of

Asheville is perhaps the best milk furnished to any city in the south. And certainly a great deal better than the milk the people we have in mind have been accustomed to receive. But if we refuse or neglect to let these people gain a knowledge of this fact, they will remain away from Asheville just the same.

Likewise, it is a fact that during the last year some people stayed away from Asheville because they were afraid they would contract typhoid fever here. They did not know that perhaps there was no place in the south where a person would be so free from a possibility of contracting typhoid as in the city of Asheville. And unless these people are allowed to find out the facts in the case, to-wit: that Asheville is probably the only place in the south that is practically free from typhoid fever, they will continue to stay away from Asheville.

It is also a matter of fact that a large number of people refuse to come to Asheville for fear of contracting tuberculosis here. They know, and nearly every one else in the United States knows, that a great many tubercular people come here in order to get the benefit of our beneficent climate, and perhaps secure treatment by our skilled physicians. They have been taught, and properly so, that careless expectoration is a fruitful source of tuberculosis. They have been taught, and properly so, that it is unsafe to occupy a room that has been occupied by a tubercular patient until the same has been thoroughly cleaned and fumigated, etc. But they have not been told, and they do not know that the Asheville Health Department keeps a close check on every tubercular patient in the city, that they are instructed through our bulletin as to the care of their sputum, and the requirements of our laws in regard thereto; and that every room that is vacated by a tuber-



cular person in the city of Asheville is fumigated by our official fumigator before it can be occupied by another person. They know, and everybody knows, that tubercular people come here in considerable numbers, but they have not been told and they do not know that Asheville has a lower death rate among her own people from tuberculosis than any town, city or community in the United States.

If we tell these people that will not come because they do not know they can get pure milk for their children that we have pure milk, many of them will come. If we tell these people that are afraid to come here on account of typhoid fever that our city is practically free from typhoid fever, and that they could not live in a safer place as far as typhoid fever is concerned on this or any other continent, many of them will come. If we tell these people who are afraid to come here on account of tuberculosis of our splendid system of protecting our people from infection from tuberculosis, the success of our work in this line being proven by the wonderfully low death rate from tuberculosis among our people, they will come in large and increasing numbers. And the same is equally true of all the preventable diseases.

We invite the co-operation of our Board of Trade and other business and Civic organizations in the dissemination of this valuable information that will beyond any reason of doubt be of great financial benefit—indirect benefit as we say, to every human being in the city of Asheville.

Third—"Freely have ye received, freely also give."

We are under obligations to various and many Health Departments throughout the United States, and various and many health workers throughout the world.

When a Health Department or health worker, or any physician for

that matter, works out a problem that is of value to the human race, he does not proceed at once to secure a patent on it and commercialize it in order to make himself wealthy, but he proceeds to place it in the hands of other Health Departments, other health workers, and other physicians, free of charge. And often is it the case with the individual health workers and physicians that they pay for the printing and postage necessary for the dissemination of such information.

Much of this information, especially from the Health Departments, both state and municipal, as well as various details and systems, etc. in connection with the operation of Health Departments are promulgated through the monthly Health bulletin, and come to us regularly without expense to our Department, as these bulletins are issued and distributed without charge.

If it were necessary for each individual Health Department to work out the manifold problems that confront us in regard to sanitation, hygiene, preventive medicine, etc., etc., progress would indeed be slow. And many of the Departments would be unable to accomplish anything; on account of the limited means and the limited personnel in the employ of the Department, it would be impossible for them even to attempt such a thing. But every Health Department and every individual, no matter how insignificant they may feel themselves to be, can have all the accumulated knowledge on the prevention of disease for the asking.

In addition to this, when we keep in touch with the work of other Departments through their bulletins, and through visits when it is possible to make visits, we are encouraged—encouraged by the successes and also the failures of our co-workers in this line.

We appreciate greatly the valuable information received and the encour-

agement given, and having received this free, it would seem to be our duty to add whatever we can to the sum total of knowledge of the work, and to lend whatever encouragement we can to those who have given us such valuable aid, and to all others interested.



### CANNOT PLAY ALONE

A Health Department to be of greatest service must have a number of co-workers.

First of all, perhaps, comes the medical profession. We are glad to testify for the profession of Asheville that it is loyal to the Health Department work, and co-operates with us in every way possible.

Next perhaps comes the press. We are almost daily under obligations to our daily press for their kindness in giving publicity to public health work; and are also grateful for many kind expressions. It may not be amiss to say that the newspapers of Asheville are ready at all times to champion the cause of any plan that is for the improvement of Asheville. And they find a ready outlet for all the work they care to do along public health lines.

Next perhaps comes the Department of Education, both private and public. We have from time to time expressed our appreciation of the co-operation of the educational forces of Asheville, but cannot say enough in praise of the superintendent and teachers of our schools.

In this inventory we are glad also to mention the churches, civic associations, various clubs, other departments of the city administration, etc.

Above all and including all, we should mention the great public, the unit of which is the individual citizen. We trust that every citizen of Asheville is proud of its Health Department. We are trying to serve you, Mr. Citi-

zen, and we appreciate your co-operation and encouragement in the past, and bespeak for our Department a continuance of the same.

We would beg to suggest that when any matter needing the attention of our Department is called to our attention we do not consider it a "kick" or even a complaint, but rather consider it a favor. It is needless to say that we are grateful for all favors.

It might not be improper to say in this connection that we do not consider it a function of the Health Department of Asheville to raise fusses between neighbors, so you need not ask us who reported your dirty back yard. It may be that our inspector found it. He ought to have if he did not.

**NOW**, all together for the cleanest, healthiest city in the United States. This is not a vision. It is just ahead of us and in sight.



### COMMUNITY HEALTH

"When the rules and restrictions placed over us by a city health department seem strict, exacting and even martinetish, and we are on the verge of taking a kick at it, we should stop and contrast the health of our community with the health of the cities fifty, one hundred, and two hundred years ago. Or other cities in our own and other states. The time in the past is not far ago when fever was an annual scourge and smallpox was once so common that the unpitted person in England was a rarity. Our cities then waged a losing battle with disease. They accepted an epidemic as nature. And several economists even went so far as to say that disease was a necessary evil, intended to check the growth of population and thereby keep up wages. We now know that science can fight the unseen, insidious foes of

health. If a mild epidemic arises in a city, we are startled as by the abnormal; but with the shock comes a reliance that we are able to cope with the danger. This great change in community health has been wrought by rules and restrictions of the city health department.

Health is chiefly a question of attention to small things. We usually keep well if we are not careless. But we are careless if we do not observe those numerous little health regulations, science, through our city health departments lays down for us. Surface cleanliness is too often a mask of gross uncleanness. Surface cleanliness is not cleanliness but vanity. That cleanliness must be real the health department insists. So it sees that we pay attention to our drains; that we watch the disposal of our wastes; that we keep our living quarters open to the sun and do not crowd them. It pokes into our lives, and finds the uncleanness of which we have not dreamed. By so doing it maintains community health.

Community health is far more important than personal health. Cities must be better watched and better attended than the individual; for the only protection of the individual is community health. Unfortunately, we do not always appreciate this. We concern ourselves only with our immediate personal health. When we are ill and suffer, we rush to the physician for medical attention and relief. But the best efforts of our physician, his greatest watchfulness, his utmost knowledge, cannot protect us from community uncleanness. If the health department cannot keep its community clean, then all live in a danger zone.

The protection a city health department accomplishes has been realized. In the worst graft ridden city, it is not often that the health department is the prey of the boss. The most arrant

grafters, the most avaricious bosses, have in recent years kept their hands off health departments so far as efficiency was concerned \* \* \* To guard health, the health department must act quickly, and to act quickly there must be unhampered power. Better give hearty, sincere co-operation to a city health department in all its measures, for behind the rule that pinches is usually the scientific principle that shields community health from the old foe, the epidemic."

—Los Angeles Municipal News, June 12, 1912.



### ENLIGHTENED SELFISHNESS.

Under this title, the Philadelphia North American discusses the work of the Equitable Life Assurance Society for the conservation of life and health. After commenting on the loss of 1,600 human beings in the wreck of the Titanic and contrasting this loss with the certain loss of 9,000 lives every year in Philadelphia through preventable diseases, the North American says: "The business of the Equitable Life Assurance Society is to insure lives. Higher death-rate means loss of revenue and reduction of profits. So, with enlightened selfishness the Equitable is endeavoring to stimulate interest in the problems of health and sanitation. The Equitable wants people to avoid illness and to enjoy length of days. With the Equitable, it isn't merely a humane interest. It is strictly business. To the Equitable, saving lives means saving money, and yet this is not any more true of a life-insurance society than it is of the community. Every life has a money value to society. A definite economic loss is suffered every time an individual, who might have been saved, dies. A city is rated according to the number of its citizens willing and able to make a living. \* \* \* The enlightened selfishness of powerful financial



interests like the Equitable is a hopeful sign. \* \* There is no influence that holds out more hope for progress than enlightened selfishness." The North American is right. It is the economic appeal of the health conservation movement which is encouraging. Purely moral causes win support slowly. But a cause which is both moral and economic cannot fail to win, as soon as these two facts are recognized. —Journal American Medical Assn.



### BACTERIAL MILK COUNT FOR JULY, 1912.

Biltmore, A. S. Wheeler.....	9,500
Violet, W. Duvall.....	21,000
Sunset, H. S. Carter.....	28,000
Swannanoa, Jno Greenwood...	29,000
Maple Leaf, T. C. Beacham...	33,000
Anandale, Wm Johnston .....	34,000
Park Farm, E. W. Sharp.....	35,000
Laurel Spring, D. S. Hildebran	37,000
West Bend, Nelson Snyder....	40,000
Brown's Creamery, Rex Brown	41,000
Oak Springs, F. Revis.....	49,000
Oak Grove, W. E. Armstrong..	52,000
Beaver Dam, Chas Carson.....	55,000
Melrose, Nat Horton .....	57,000
*Mountain Meadows .....	65,000
*Fairview .....	82,000
Middlebrook, R. W. Johnson..	88,000
Roseland, Mr. Penland .....	89,000
Fenner Farm, Rhoads & Green-	
wood .....	90,000
Gashes Creek, C. C. Greenwood	92,000
Montford, R. Pearson .....	93,000
Sevier, Dick Sevier .....	250,000

About five samples were collected from each dairy, plated between five and six hours after milking, (Biltmore 16 hours), and the normal rating of the dairy made by the standard adopted by the Commission of Milk Standards of the New York Milk Committee.

\*J. Greenwood.

\*J. Greenwood.

You are willing to jeopardize human life to save time and money—but you give little time or money to save human life.

You pinch down your health appropriations and make your health officers and interested citizens beg, fight and struggle for nearly every penny you give them to improve your life-saving service.

Many a good health officer is 100 per cent. efficient and only 15 per cent. effective, because—

**You prefer a high death rate to a trifling increase in the tax rate.**

You want high-class, capable medical men to serve you as health officers, and yet, as a rule, the encouragement you give them, and the salaries you pay them are almost microscopic and should bring the blush of shame to every taxpayer in the community.

Is it any wonder that some health officers give up the struggle and follow the line of least resistance?

There is not an adequately equipped or supported health department in the United States.

There are still scores of prosperous towns and cities which have virtually no public health service at all.

Does all this sound too strong? If so, **investigate**—and note again that

**An American dies every minute from preventable cause.**



Health getting is a process of development, like the growth of a tree, or the raising of a crop of grain. We sow the seeds to-day, in right life and a correct regimen, and weeks, months, or years hence we reap the harvest.



### "HOUND FLY."

"Every fly that comes to town  
Keep's a layin' its eggs aroun';  
Makes no difference where they're  
foun'

We gotta keep a' swattin' those flies  
aroun'."

## INCREASE YOUR EARNING CAPACITY



**This Fresh-Air Man**  
earns good wages because he keeps mind and body active by breathing pure air all the time. He sleeps and works with windows open.



**This Air-Poisoned Man**  
makes poor wages because his mind and body are dulled by the foul air he breathes. He sleeps and works with windows closed.

## MAKE LEARNING EASY.



These happy school children learn their lessons easily and have lots of time for play — because they sleep with windows open, they play out-of-doors, and their teacher keeps the school-room well aired.



These unhappy children are dull in school, they learn slowly and are sickly — because they sleep in unventilated, overheated rooms and their school room is hot and stuffy. Their minds and bodies are poisoned with bad air.

## FRESH AIR FOR HEALTH, WEALTH, AND HAPPINESS.

Education Poster Series—Department of Health—Chicago.

# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 20

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

Sept. 1912

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demands* that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



THE most important event in the life of any one is the beginning of his existence. It is meet then that proper record should be made of this. How about your baby?



IN the near future, a certified copy of the official record of your birth will be a legal requirement for proof of age, to establish your right to inherit property, etc. How about yours?





## Health Department City of Asheville

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**POPULATION** } White - 15,000 { **20,000**  
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Our Health Department has pre-  
 pared an exhibit for the Fifteenth In-  
 ternational Congress on Hygiene and  
 Demography which convenes at Wash-  
 ington, D. C., September 23-9.

Our Health Officer is chairman of  
 the Municipal Exhibits from North  
 Carolina. He is sorry that Asheville is  
 the only city in the State that is mak-  
 ing an exhibit. From the comments  
 made on the same we feel that we can  
 congratulate ourselves on this exhibit.  
 It will afterwards be shown at the  
 Western North Carolina Fair and at  
 the Raleigh State Fair.

The American Journal of Public  
 Health for September, in a three-quar-  
 ter page review of our annual report,  
 among other things has the following  
 kind words: "The report throughout  
 is written in plain, forceful language,

and is a good example of how to pre-  
 sent the health status of a community  
 in a public document so that it will ac-  
 tually be read and appreciated by the  
 average citizen. Dr. McBrayer is to  
 be congratulated on his report."

### OUR MARKET HOUSE.

The Board of Aldermen at the re-  
 quest of the Board of Health have  
 passed an ordinance placing the duty  
 of the market house keeper upon the  
 meat inspector; which we think is a  
 very wise provision. It is our aim to  
 make our market house more attractive  
 and inviting, and we believe this move  
 a step in that direction.

### NEW CITY JAIL.

Our new city jail will soon be com-  
 pleted. It will be sanitary from every  
 point of view, and is as comfortable as  
 such a place can be made. This is a  
 much needed improvement, and we ap-  
 preciate the action of the Board of Al-  
 dermen in providing for the same.

"A Health Officer's business is to re-  
 duce death rates. Of course we have  
 no way of finding out just what he is  
 doing until we begin to register vital  
 statistics. In a very few years after  
 registering such statistics we can tell  
 whether he is a "health officer" or not  
 by comparison of the death rates from  
 preventable diseases in his jurisdiction  
 with death rates from these same dis-  
 eases elsewhere. Then we will get wise  
 to the fact that it is better to pay  
 health officers fees according to the  
 number of lives saved each year instead  
 of flat salaries as at present. Then  
 there will be some real genuine health  
 work. But let's have complete regis-  
 tration of vital statistics first."—Press  
 Service N. C. State Board of Health.

"However efficient the State Health  
 Department may be, however efficient

the proposed national bureau of health may one day be, the health of the nation and of the commonwealth depends and will continue to depend very largely upon the character of the service rendered by local health officials. As Governor Hughes has said, the future of this country and the future of this state depend, not so much upon what president and governor may do, as they depend upon what the local officer does in connection with government at home."—George Thomas Palmer.

### THE DOCTOR IS A GREAT FACTOR IN EVERY PHASE OF LIFE, SOCIETY AND BUSINESS.

Intelligent, broad-minded men often get together to discuss and take action on matters pertaining to public welfare. They take up politics, industrial conditions and other social problems and by their discussion and cooperative action frequently mould public opinion and help to direct public policy. Is there any other profession that can boast of a larger number of public spirited men than the medical profession? Who looks after the health of the community? Who makes the town and city habitable? Who saves the babies from untimely death? The doctor. Who transformed pest-holes into summer resorts? Who made commerce between these same pest-holes and the rest of the world possible? Who brought about the successful issue of the greatest engineering undertaking the world has ever witnessed? The doctor. With such great achievements to our credit, it is only proper that the doctors should get together to encourage this social service.—Journal American Medical Assn.

### GIVE THE DOCTOR HIS DUES.

"Medicine is becoming more and more of a social service. Each one of us recognizes the fact when he prac-

tices medicine that he serves the public quite as much, or more, than he serves his patient. Everyone of us, in taking care of a case of scarlet fever, or any other infectious disease, serves the patient, but renders greater service to the public. This service which the medical profession renders to the public so constantly has not been highly appreciated in the past, but, I think, it is coming more and more to be recognized, and the call for health officers and social service among physicians is going to be louder all the time. (In fact, I think if the country were turned over to the doctors they would run it better than the politicians). What good does it do to prescribe a digestive tonic for a man who has nothing to eat? What good to prescribe for a man's nerves when he lives under irritating conditions all the while? We want to have the public see that medicine is a social service, and is becoming more and more so every day."—Michigan Health Bulletin.

### HEALTH OFFICER'S POSITION SHOULD BE PERMANENT.

"The Superintendent of Health should be and in many cases now is, a physician who has devoted thought and study to sanitary work. Such a man can be safely entrusted with the responsibility of caring for the health of the citizens of his community.

Until his appointment, such a man has probably been a practicing physician. In those cities following the approved methods of the times, he would be expected to give up his practice and to devote his entire time to this work. He would receive from \$3,000 to \$8,000 a year, according to the importance of the city in which he would be.

This is accounted fair compensation, and many physicians would gladly qualify for the position were it not for one thing. They realize that in accepting the position, they are giving up a practice that may be equally as profit-

able, and after having served four or eight years, a change in city government will mean their removal and they have lost a practice that it will take years to regain.

That is one of the reasons why the Department of Health should be removed from politics, and the Superintendent of Health should hold his position permanently."

### HAS YOUR BABY'S BIRTH BEEN PROPERLY REGISTERED?

Mr. W. J. Cocke would not think for a moment of not registering the birth of any one of his fine Berkshire pigs.

Mr. Vanderbilt would discharge Dr. Wheeler, valuable as he is, were he to fail to register every calf born of his Jersey cows.

Mr. J. M. Campbell, and Dr. Durham and the other chicken fanciers see to it that their young chicks are properly registered.

Fred Rutledge, Drs. Sevier and Dr. Weaver, always see to it that their hound pups are properly registered.

Every transfer of real estate be it ever so small, every deed of trust, every chattel mortgage, and even every marriage license is properly registered in the Register of Deeds office.

What about the birth of your baby? Do you not think your baby is as valuable as a pig, or a calf, or a chicken, or a hound dog, or a chattel mortgage? If so you should keep its record straight, and see to it that your physician makes out a proper birth certificate and sends it in to the Health Department. We furnish the blanks.

The absence of a birth certificate properly registered and filed may be a millstone about the neck of your child later in life.

### NO BIRTH CERTIFICATE — NO JOB.

It is hard sometimes to influence people to comply with the provisions of the public health law because it is the right thing to do, but a concrete example of unfortunate results following an infraction of the law is often very salutary. Physicians and parents sometimes say that it does not make any real difference to any one if a birth is or is not reported. The following is a specific instance where failure to report a birth closed a means of livelihood to a man who was otherwise eligible and possibly deprived his community of the efficient services of an intelligent officer. The letter tells its own tale. The State Department had no record of the birth and could render no assistance in the matter.

New York, Jan. 15, 1912.

State Department of Health,  
Albany, N. Y.

Gentlemen:—I am an applicant for position of patrolman in this city and was informed to go and get my birth certificate. But upon inquiry no trace of my birth was found. I was informed to write to this Department. Name, William Lippoth, son of Frederick and Emma. Born Oct. 19, 1890, in the City of New York.

Thanking you in advance, I am,  
Yours respectfully,

W— L—

P. S.—My parents are both dead and I cannot find trace of my baptismal papers.—Indiana Bulletin.

### A STATE FAMILY BIBLE.

"Kentucky is one of the Southern States which has recently adopted a modern law for the registration of vital statistics. Put into force a little over a year ago, it has been on trial. As usual, it encountered opposition. Some people were unable to see why births and deaths should be recorded;



others did not like to go to the trouble to make out an orderly record of these occurrences. Because physicians and medical organizations led the way in securing this needed legislation, it was, of course, regarded as something for the benefit of physicians rather than for the public good. Shakespeare asked—and so have many philosophers since his time—"What's in a name?" and the wisest of these inquirers have recognized the importance of naming a thing properly, if it is to stand well in the public eye. Evidently this fact is recognized in Kentucky. The leading editorial in the May 1st issue of the Kentucky Medical Journal, under the heading "Name the Babies," discusses some of the difficulties encountered in putting the new law into effect. In this connection, the editor philosophically refers to the State Bureau of Vital Statistics as "Kentucky's Big Family Bible." A happier name could not well be devised. When the people of Kentucky understand that the object of birth registration is to record the name and date of arrival of each little citizen of Kentucky, so that its legal identity may be established, and that the State is simply exercising the same care that leads the father to inscribe each birth in the family bible, public support of the measure will be increased and insured." — Journal American Medical Assn.

North Carolina needs such a law.—Asheville has such a law and is enforcing it.

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### **The First Name of the Child Should Be on the Birth Certificate.**

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Parents should see to it that the first name of the child is on the certificate. Otherwise in years to come, where there are several children, it might be impossible to identify the different children. Following shows how they do this in Montclair, N. J.:

"The first name of the child was giv-

en on 92.8 per cent of the certificates as they were originally filed in this office, and in the majority of the remaining cases the names have now been secured. The fact that 93 out of every 100 certificates contained the name of the child is sufficient answer to the few physicians who claim that the name cannot be obtained in the majority of cases within the five days allowed by law for filing the returns. The name can be obtained and would be obtained if the parents were sufficiently impressed with the necessity of having this most important legal proof of age complete in every detail. Where several children are born of the same parents within a few years of each other complete legal identification is impossible without the full name of the child. The fact that 30 per cent of the returns that were incomplete in this respect were filed by one physician whereas each of the other physicians averaged only about 2 per cent of the incomplete returns shows that it is the physician and not the law that is at fault when the name is not on the certificate when it is filed."

We have found it necessary to mail out supplemental report blanks to the parents requesting them to fill out and return the same in order to secure the first name of a large percentage of the births reported to this office. The parents are co-operating very well, but some of them do not seem to have interest enough in their baby to see that a proper registration of its birth is made. If the first name were given in the certificate as first filled out, it would be much better. We commend this to the earnest consideration of the parents and physicians.

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"Sound vital statistics are the indispensable basis of modern sanitation. A nation that does not consider it necessary, or that is not able, to provide adequate means for registering the births

of its own children, or for officially recording the deaths of its citizens, can hardly be supposed to attach sufficient value to human life to enable sanitary measures for its conservation to be adequately carried out."

One dirty milkman can cause more sorrow than all the criminals in our country.

### DR. CYRUS THOMPSON ON THE HOUSE-FLY VERSUS THE BED-BUG.

(In the May Bulletin North Carolina State Board of Health.)

Our good friend, Dr. Thompson, who was too wise to accept the Bull Moose nomination for Governor, having so many better things to do, has the following to say in regard to the fly and the bed-bug:

"A man can get used to anything. Tired out on a second night's vigil not long ago, I lay down on a clean bed for a little rest and sleep. After an hour or two they called me and I got up to look after my patient. As I sat thinking, a kind old lady leaned toward me with outstretched fingers and flicked my collar, saying, 'Hold on; there's a traveler, I believe. Well, it's getting about time for 'em to begin to move around.' It was not a house-fly; it was a wingless bug of the horizontal flat variety, the cimex lectularius, a common bedbug that fortunately had not bitten me. I related this incident to my average man and he was horrified. He explained that he would hate to be a doctor and take such chances as that.

This same man, mind you, considers the housefly a useful scavenger. It is all a matter of education and custom, and not a matter of taste. Now as a matter of unprejudiced fact, barring the sting of the bite and the odor of the encounter, the bedbug is much the more eligible companion, whether of

bed or of board. But if bedbugs, comparatively cleanly of habit, crawled all over your plate, table and food, just as the houseflies crawl, fresh from the foulest filth of every pestilential kind—who could eat or even sit at the table for a moment? I am not making a plea for the elevation of the social status of my nocturnal friend, who loves darkness rather than light; but I am declaring that his deeds are not nearly so evil and destructive as those of the housefly, who can boast his love of light and his love of filth."

Get the N. C. Bulletin and read the entire article, it is worth while, as is everything else that comes from the fertile brain and facile pen of Dr. Thompson.

### YOUR MILK.

Keep it clean.

Keep it cold.

Keep it covered.

"What a wonderful thing is milk! Born of the mother-love, it nourishes the young of all warm blooded creatures whose term of life would quickly end were it wanting. From the lowest mammal to noble man, made in God-like image, milk is the flesh builder, the nerve-power, the very essence of life. It is the one product all indispensable, universal. The cow, man's queenly servant, sacred in history, ever needful, deserving of the most kindly regard of man for animal, because giver of the most intricate of life's mysteries, that greatest of life's necessities—milk! Comprising all the elements of life, as does no other food, no other food deserves man's attention as does milk."—  
Journal, June 28, 1912.

### Bacterial Milk Count for August.

Biltmore .....	6,500
Violet .....	14,500
Laurel Spring .....	25,000
Swannanoa .....	25,000
Sunset .....	27,000

Melrose .....	31,000
Park Farm .....	32,000
Maple Leaf .....	35,000
Fenner Farm .....	40,000
West Bend .....	45,000
Brown's Creamery .....	48,000
Dryman Mountain .....	55,000
Oak Grove .....	62,000
Fairview .....	65,000
Mountain Meadows .....	70,000
Beaverdam .....	72,000
Anandale .....	75,000
Gashe's Creek .....	90,000
Montford .....	98,000
Middle Brook .....	120,000
Sevier .....	150,000
Oak Spring .....	150,000

Manure and drowned flies may be strained out of milk, but the germs of typhoid fever cannot be removed. Take no chances with your dairyman. Know that he handles your milk in a sanitary manner, or change dairymen. When you get the right dairyman, be willing to pay for the superior product he gives you.

Filters and strainers can take out only the coarse dirt from the milk; nothing can take the place of cleanliness.

Woodrow Wilson says that the conservation of the minerals, waters, forests, etc., is obviously the superficial part of the problem of conservation. The real thing that we have to conserve in America is the American people, their energy, their elasticity, their originitive power, their capacity to hope and to achieve.

Governor John A. Dix of New York says: "There is extravagance and waste which has denuded our forests, exhausted our soil, diminished our hydraulic energy, and inflicted incalculable loss upon the Nation. The prosperity of the State depends upon the rational conservation of the energies of its citizens as much as upon the con-

servation of its natural resources. In the national sense, conservation has a far larger meaning than the stoppage of waste and extravagance in the utilizing of undeveloped resources of the nation. True conservation goes further and deeper. It means intelligent, orderly, and efficient use of all the faculties of men as applied to the solution of national problems, and the promotion of social progress and general happiness."

"A man's life is embedded in the community. He must breathe the community's air, drink the community's water, eat the community's food, avail himself of the community's sewer, expose himself to the community's contagious diseases. On the sanitary conditions of that community must, therefore, largely depend the health of the individual."

President Taft says: Think back two decades, my friends, and see what enormous strides have been made in the proper treatment of the soils, in the development of your crops, in the making available of the by-products of those crops, and in an entire change of the character of agriculture from a haphazard industry to one in which science and the professional knowledge is today of the highest importance. \* \* \* So, too, with respect to sanitation. \* \* It is necessary that the towns and States should direct their attention and their money to making better bodies for their citizens, as well as better minds, and if the National Government, with its resources, can follow out lines of investigation that can show proper treatment to be followed it is well that they should take that step.

"Community cleanliness is the best evidence of the right kind of community civilization."—Chicago Bulletin.



# WHAT MUST WE DO TO BE SAVED?



The most crude interpretation of common humanity demands that we protect helpless infants. Perhaps the strongest instinct in the lower animals is the protection of their helpless young. Are you giving your baby a square deal? Start right by having your physician make out a proper birth certificate and file with the Health Department, as is required by law. We furnish the blanks.

# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 21

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

Oct. 1912

### **Our Exhibit at the Fifteenth International Congress on Hygiene and Demography at Washington**

As mentioned in our last Bulletin, this Department prepared an exhibit for the above mentioned Congress. It is a pleasure to note that the exhibit was kindly received, and that it received much favorable comment from a large number of the scientists in attendance upon the meeting.

Since our return we have received a number of letters from various parts of the United States speaking in complimentary terms of our exhibit. And have received notice from Dr. J. H. Schereschewsky, Director of the Exhibition, that our exhibit was awarded a diploma of merit by the Jury of Awards, and that this diploma will be forwarded to us as soon as it can be engraved and engrossed.

The exhibit was in charge of Mr. L. M. McCormick of our Department.



## Health Department City of Asheville

### BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.

B. M. LEE, City Engineer.

C. W. BROWN, Chairman Finance Committee,  
B. of A.

DR. L. B. McBRAYER.

DR. F. J. CLEMENGER.

DR. E. B. GLENN.

DR. W. L. DUNN.

### SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman

C. W. BROWN.

F. STIKELEATHER.

### EXECUTIVE OFFICERS.

L. B. McBRAYER, M. D., Health Officer,  
Phones: Residence, 124; Office 390.

W. H. BIRD, Sanitary Inspector, Phones:  
Residence, 374; Office, 152; Stable, 294.

L. M. McCORMICK, Meat and Milk Inspector,  
Phone 152.

ERNEST ISRAEL, Sewer and Plumbing Inspector.

W. FRANCIS, Water Superintendent.

**POPULATION** } White - 15,000 { **20,000**  
                          } Colored 5,000 {

### HOOKWORM CAMPAIGN IN BUNCOMBE COUNTY.

We are pleased to announce that Dr. G. F. Leonard, of the State Board of Health and the Rockefeller Hookworm Commission, is in the county for six weeks, and will conduct a campaign for the diagnosis and treatment of hookworm disease. Incidentally also the diagnosis and treatment of the eight other kinds of worms that find their habitat in the intestinal tract.

We trust that our people will co-operate with Dr. Leonard, and receive all the good possible from this work. There is no charge whatever.

### RALEIGH MOVING.

We are delighted to know that our Capitol City of Raleigh has taken on new life in health matters as well as in many others. They have recently installed a well qualified meat and milk

inspector, and made an appropriation of \$25,000.00 for a city abattoir. We congratulate the city of Raleigh, and the State, on this forward movement upon the part of our capitol city.

We understand our good friend, Mr. Alex Webb, a former resident of this city, and Mr. Upchurch, are the two aldermen that are leading in this movement. We trust that the other aldermen will see the importance of health work as does Mr. Webb and Mr. Upchurch. If so the present Board of Aldermen will leave its mark upon the city of Raleigh, and unborn generations will rise up and call them blessed.

### DISTRICT NURSE.

We are greatly pleased to note that the Associated Charities have arranged to employ a district nurse in the City of Asheville for all her time. Surely from the charitable and humane standpoint nothing is more greatly needed. We congratulate the Associated Charities on this step forward, and assure them of the co-operation of this Department in every way possible. And we shall greatly appreciate, and know that we shall receive, the co-operation of the visiting nurse in our work. We feel confident that the charitably inclined people of Asheville will not fail to provide the necessary money for the salary of this nurse.

### IS VACCINATION WORTH WHILE?

"In the Philippine Islands, 3,500,000 people were vaccinated, according to army reports, without the loss of a life or even a serious infection, and six thousand lives a year are saved by it.

Pittsburg, Pa., has had quite a number of virulent cases of smallpox recently. For example: during the week ending Sept. 14th there were 18 cases and three deaths; during the week ending Sept 21st there were 14 cases and 7 deaths. A total in two weeks of 30 cases and 10 deaths. 33 1-3 per cent.



death rate. One out of every three cases died. Would you rather have small pox or be vaccinated? The school children have to be, according to law. If any of the grown people want to have it, I suppose they ought to be allowed to.

The people of Asheville almost without exception are taking an intelligent position towards vaccination and smallpox. It is seldom that any one ever objects to being vaccinated in the city of Asheville when it is ordered by the health authorities. It is worthy of remark that in three years vaccinations in schools, there has not been a single objection to vaccination, much less refusal, among the colored children. A very few of the white children seem to be not quite so intelligent, or rather their parents are not, so that last year we had to have about a dozen parents up in the police court for failure to have their children vaccinated. However, we do not expect such a thing to occur again.

We will begin the annual vaccination of school children in the very near future.

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### THE LANGREN HOTEL KITCHEN.

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While everybody is proud of our new fire proof hotel, and those who patronize the hotel are unanimous in their commendation of it, and exuberant over the cleanliness noted everywhere, perhaps few, if any, have stopped to think of the kitchen.

It is a pleasure for us to say, after personal inspection, that the kitchen is clean and sanitary from every standpoint. In fact, the kitchen is so clean that the proprietors are willing and anxious for any of their guests to inspect it at any time of day or night.

Another thing we cannot commend too highly is their method of serving individual packages in the grill room, and in all the a la carte orders in the various dining rooms. If a glass of

milk is ordered it is brought in in a half pint bottle properly sealed, and the guest opens his own bottle of milk, and is thereby positive that dirty water has not dripped off the waiter's hands into the milk can while he was dipping the glass of milk. The breakfast foods are also served in individual packages.

We have hoped that the various restaurants around town would adopt the individual milk bottle, but so far as our knowledge goes none of them have done so. The Langren Grill room is open day and night, with a special dinner served between eleven-thirty and three o'clock every day; and unless the other restaurants adopt this individual package idea, we are quite sure that the particular people among the citizens and visitors of Asheville will show their appreciation of this additional attention to cleanliness by patronizing the Langren.

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### THAT SPLENDID PARADE OF SCHOOL CHILDREN.

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There has perhaps nothing happened in the history of Asheville for many years that has so appealed to the fine sensibilities of the citizens of Asheville as the parade of five thousand school children on the first day of the Western North Carolina Fair. It was apparent that the onlookers, both men and women, felt like uncovering their heads, for they were looking upon the citizens of Asheville and Buncombe County in miniature, to whom in the very near future we shall turn over the government, municipal, county, state and nation.

While viewing this thrilling spectacle we were made to wonder how many of these precious lives would be sacrificed on the altar of ignorance to disease preventable within the next year; and how many before they reach the age of maturity. And how many were needlessly handicapped in the race for an education by various diseases or ab-

normalities that are easily cureable. And how many would have to give up this race because of these diseases.

As they marched by with their flags, and drums, and pennants, it was evident that many of them had hookworm, enlarged tonsils, adenoids, defective teeth, defective vision, and various other things that could be cured for a few cents. And if the parents did not have the price, could be cured without cost.

Yes it was apparent that 20 per cent to 40 per cent of the children were so affected. One to two thousand children out of the five thousand in the parade,—some of them to lose their precious lives within the next year; many of them never reach the age of maturity. Between one and two thousand of them certainly handicapped because of these preventable diseases. **AND WHAT IS BEING DONE ABOUT IT?**

The free dispensary for the treatment of hookworm is in this county for the next month, and will examine your child for hookworm, and all other kinds of worms, and give the treatment necessary without one cent of expense to you. **What are you going to do about it, Parents?** Are you really interested in your child? Do you value his health? Have you the interest of your child at heart? If so, be sure that he is normal in every respect. Go to the hookworm dispensary and have him examined. Take him to your physician, or to any good physician, and have him examined, and he will see to it that he gets the proper treatment. If you are able to pay, except for the hookworm treatment, you certainly ought to do it. If you are not able to pay, your physician will see that he gets whatever treatment is necessary, no matter how many experts may be required, without expense to you. What more could you ask?

I appeal to the parents of Asheville and Buncombe to not neglect the health of their children. It is the most valuable thing your child can have.

Without it, education, social prominence, pleasure, wealth all are impossible and no account.

I wish I might speak or write so that the message would ring in the ears of every father and mother in this city and county every hour in the day and night,—**Do your duty by your children.**

The parents of Asheville are not doing their duty by their children. We examined the throats of twenty-three children at the Montford School the other day. There was only one absolutely normal throat out of the twenty-three. Twenty of them needed their tonsils and adenoids removed. Half of them showed in their faces without looking in their throats, that the ill effects of these tonsils and adenoids were present. The children were in the A and B Grades. **Parents of Asheville**, surely you are enough interested in your children to have their health looked after.

Mr. Herbert W. Fisher, the author of *Making Life Worth While*, writes of the work of city health boards as follows:

"You are fairly well, perhaps, and you think that health is perfectly natural and comes easy. You don't believe you owe anybody anything for keeping you well. But you are mistaken about that. You owe a great deal to a great many people who are working all the time to keep you well—people you don't know and never heard of. If you had been born in the twelfth or thirteenth century, you would have died young, perhaps—died of cholera, or smallpox, or bubonic plague, or leprosy, or yellow fever, or some other terrible disease. And the only thing that saves you from those diseases in the twentieth century is the fact that somebody is sitting up nights thinking how to keep them away from you. Suppose for instance, New York should suddenly stop thinking about its sewers and the sewers should be allowed to get choked up. Why inside of 24 hours



New York would be swept by a plague from hell, the citizens would be dying by thousands, and the plague would start spreading over the rest of the country like a forest fire. So let us give thanks for our boards of health and our quarantine officer."

### COMPETITION.

"Competition in mercantile and commercial life, in business and industrial life, in family and social life, in all forms of community life today, seems based on David Harum's corruption of the Golden Rule, namely, "Do unto the other fellow, as you know he would like to do unto you, only do it fust," or more tersely in the phraseology of our city boy, "Do the other fellow, before he does you." But through this sordid (may I say morbid?) view of competition there gleams a ray of light and cheer. There exists a form of competition, based upon strife to be sure, but not an individual self interest, which deserves the earnest support and co-operation of every sincere worker, I mean the competition of the medical profession and the sanitarians with disease, and public ill health; such as the struggles with disease epidemics; the control of quarantine regulations; the embellishment of boards of health, local, State and—it is to be hoped—National; and the initiation of a wide campaign for the education of the public in the means of preventing disease and of promoting health. \* \* \* \*

We are today getting back towards the Mosaic spirit in the practice of medicine and we are devoting fully as much attention to the prophylactic as to the curative aspect of the science. As was the case in the time of the Mosaic code, so is the situation at present; the medical profession today, as the lawgiver of health, can and does lay down the rules of prophylactic medicine, but it remains for the people to obey the law if it is to be effective. The children of Israel suffered in the wilderness for the infringement of a simple

sanitary provision of that Mosaic code in regard to "pure food." The preservatives they used for manna were at least as effective of harm as are some of our modern food preservatives, or some of our cold storage methods. \* \* \*

I heard it stated recently that "nothing was so contagious as fear," and I beg leave to differ with the statement. Fear may be highly contagious—in fact is so—if expressed, but it is the objective expression of the fear, the conduct of the **fear full** individual, that is contagious, not the subjective sense of fear. Objective fear is contagious, because fear is one of the instincts most closely allied to one of the primal instincts of all life, i. e., self preservation. Conducts of other kinds may also be contagious if judiciously based on instincts allied to self preservation or to the other primal instinct of all life, i. e., reproduction. If you, therefore, as leaders in your individual communities, cities, towns or villages, will set yourselves to be examples in conduct for healthful living—which rationally is based on both primal instincts—you will find your conduct contagious in proportion to the enthusiasm and skill with which you carry out the laws laid down for you to follow."

### GOVERNOR WOODROW WILSON ON CONSERVATION OF HUMANITY.

"Why is it we conserve our natural resources if we could by a sort of magic of industry transmute them into the wealth of the world? And who transmutes them into that wealth if not the skill and the touch of the great bodies of men who go daily to their toil and who constitute the great body of the American people?

"What I am interested in is having the government of the United States more concerned about human rights than about property rights. Property is an instrument of humanity; humanity isn't an instrument of property. And yet when you see men riding their



great industries as if they were driving a car of juggernaut, not looking to see what multitudes prostrate themselves before the car and lose their lives in the crushing effect of their industry, you wonder how long men are going to be permitted to think more of their machinery than they think of their men.

"Did you ever think that men are cheap and machinery is dear; and many a superintendent will be dismissed for over-driving a delicate machine who wouldn't be dismissed for over-driving an overworked man.

"You can discard your man—and replace him; there are others ready; but you cannot without great cost discard your machine and put in a new one. You are not looking upon your men as the essential and vital foundation part of your whole business.

"I say, therefore, that property, as compared with humanity, as compared with the vital red blood in the American people, must take second place, not first, and that we must see to it that there is no overcrowding."

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President William Howard Taft, in his address of welcome at the International Congress on Hygiene and Demography at Washington, D. C., emphasized again his belief in the need of a National Department of Health, in the following words: "The science of medicine and surgery has made wonderful growth in the last forty years, but in that time it would seem as if the science of sanitation, Hygiene, and preventive medicine has come into being from nothing. Prevention and cure came from the intense energy, industry, application, keen discrimination, and the high enthusiastic aims of the benefactors of human kind who are now devoting their lives to research and to the investigation of the causes of diseases, its transmission and its antidotes, and they are proceeding *pari passu* with such rapidity and success, that we may expect to find that fountain of youth and

perpetual life which was sought for in this country by the earlier discoverers. We need to develop under the governmental auspices a bureau or a department in which the funds of the government will be expended for research of every kind useful in the practice and enforcement of hygiene and preventive medicine. That something of this sort might grow out of the present United States Public Health Service there is reason to believe, but it will need far greater appropriations and widening of its scope of duties before it fills the place that the medical profession of this country has a right to expect the general government to create in the progress of hygiene and demography."

In regard to the enforcement of health laws, he speaks as follows: The problem of enforcing health regulations against the will of ignorant people, whose natural laziness and resentment makes their enforcement most difficult, requires a strong government, and the problem can only be solved by sufficient taxation to maintain an adequate health service. These are problems in the tropics that our government must meet. There would be no difficulty in running a government if we limited its functions to the mere matter of preserving peace and the administration of justice, but if we propose to add to this, adequate systems of education, government hygiene, and other internal improvements, we must look about for sources of revenue which are not always forth coming, and the absence of which retards progress in the interest of the people."

He complimented the medical profession in the following words:

"Within the last decade or so no profession has shown greater improvement; no profession has done more for the improvement and for the promotion of health and the comfort of mankind than the medical profession. He congratulated the medical profession of the United States upon this great Congress."

## CONTROL OF DISEASE IN THE TROPICS.

Whatever influence the demonstration of the value of modern scientific medicine in the control of disease in the Panama Canal may have in this country, it is certainly having a good effect in tropical countries where the tendencies and ravages of tropical disease are known. President Luco of Chile, in a recent interview in a New York paper, after describing in glowing terms the effect of the opening of the Panama Canal on commercial and financial conditions in South America, said: "The spread of plague and preventable diseases has been one of the worst handicaps of tropical America. With sanitation such as that of Panama, there is no reason why South America should not maintain a vast population and support nations as advanced as any in the world. The Panama Canal opens the gateway to the western coast of the continent and the elimination of disease from the Isthmus renders an even greater service to all Central and South America. \* \* \* We have decided that we would request Washington to lend us several sanitary experts from Panama, the men whose services have won for your country such undying fame, at least in South America. I personally would like to have the services of one of Dr. Gorgas' experts." Col. Gorgas prophesied some time ago that the control of tropical diseases, making tropical countries a safe place of residence for white men, opened up an almost inconceivable field for the civilization of the future. Civilized man now has the knowledge necessary to make him free from many contagious diseases. Those diseases about which exact knowledge is lacking are rapidly being investigated. When the history of the present era is written, the most important facts to be recorded will not be those connected with politics or international relations. The historian of the future will regard as the most important event of the

present period the acquisition, beginning about 1870, by civilized man of the knowledge and control of preventable diseases. The extermination of plagues and epidemics will naturally be pressed most vigorously in tropical countries where the danger has been the greatest. It behooves us in temperate zones and civilized communities to bestir ourselves lest those nations which we regard as backward outstrip us in the race for better health. That nation which first learns to utilize all the knowledge of modern science for the prevention of disease will rapidly improve, physically, commercially and financially, and will take a long step toward the front rank among nations. —Journal American Medical Assn.

## SHAME.

It's the shame of every city and town in the United States that the Panama Canal Zone, once one of the world's pest-holes, is now a safer place to live in than the United States.

In the Zone science has had a free hand. Sanitation is rigid there.

In the States city health departments have to fight continually to secure even the inadequate appropriations that are doled out to them. Here sanitation has hardly begun.

"Most of us prefer spending our money in ways unallied with the purchase of caskets."—Healthologist.

"The great teacher first touched the body before he touched the soul."

Natural exercise and the freest thing in God's world, fresh air, are often needlessly denied delicate children.



If we denied ourselves and our children less that made our grandparents strong, we should be as robust as they.

Bad air and high temperature in the schoolrooms are certain to produce a low grade of scholarship in the pupils.

# WHAT MUST WE DO TO BE SAVED?



“For ages men have sought to perpetuate their memories in enduring monuments of brass and of stone. Yet, in their efforts to build lasting memorials they have neglected the most enduring monument of all--the Monument of Posterity. These farseeing ones have overlooked their real opportunity; for in posterity--in the achievements of their children’s children, men have best hope to reflect a lasting greatness.”



# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 22

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

Nov. 1912

### DIPHTHERIA

Indifference to it is fatal.

Prompt treatment is necessary.

Hospitalization gives control.

Terminates too many lives.

Hostile to child life especially.

Entraps the careless.

Requires strict quarantine.

Is easily cured, if treated in time.

**ANTITOXIN CURES IT.**

**IS YOUR CHILD** as good as the criminals of New York State? Read article inside and govern yourself accordingly.

**STRANGE HOW** a citizen is so anxious that his next door neighbor should observe strict quarantine; and how ferociously he will demand of the Health Department that it require his next door neighbor to keep strict quarantine; and yet when his child gets sick with a quarantinable disease, how careless he is about it; and sometimes pretends that he is being discriminated against, and even goes so far as to villify the officials whose duty it is to carry out the law.



## Health Department City of Asheville

### BOARD OF HEALTH.

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 B. M. LEE, City Engineer.  
 C. W. BROWN, Chairman Finance Committee,  
 B. of A.  
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**POPULATION** } White - 15,000 { **20,000**  
                               } Colored 5,000 {

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### IN REGARD TO CARRIERS.

By a carrier is meant a person who carries disease germs. For example, diphtheria germs in the nose or throat, and yet is not sick. It has been proven that such carriers can communicate disease. For example, a typhoid carrier working in a dairy has distributed typhoid in large numbers through the milk. Diphtheria carriers could distribute diphtheria through the milk also, or by coming in contact with well persons, especially children.

We have an example of a diphtheria carrier in Asheville. Not so long ago but that every citizen of Asheville remembers, a beautiful girl just budding into womanhood, and on the eve of celebrating her wedding nuptials, one of the most popular and best loved girls in the city, and belonging to one of our oldest, best known and most highly esteemed families, was stricken

with diphtheria and died. The usual room quarantine was had. Following close after this the child of a domestic in this home, was stricken with diphtheria and likewise died, and was buried. The house was fumigated and quarantine raised.

Shortly after this another prominent family inquired if it would be safe for them to employ this colored domestic and take her into their home among their children. A swab of this colored woman's throat was taken, and she was found to be a carrier of diphtheria. She was quarantined two months before she became free from the germs. But she was never at any time sick. Of course the family was advised that it would not be safe to take this woman into their home among their children.

There is little if any doubt that this woman carried the diphtheria germ to her child and caused its death. It is not impossible at all that she carried the disease to the young lady and caused her death. Or it may have been that she got the diphtheria germs from the young lady and carried them to her child. At any rate, Mr. Citizen of Asheville, you would not want this woman to come into your home and act as cook or maid, would you? If not, if you or your children are carriers of diphtheria germs would you want to go or send them out, or allow them to play with other children and give them the disease and possibly cause their death? In the language of the street I say to every one who is raising Cain about the carriers of diphtheria "come clean with your fellow citizens. Be on the square."

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The aim of every citizen of Asheville should be to make Asheville clean, to make Asheville healthy, to make Asheville beautiful.



"It takes a good animal to make a good man"—Spender.

## HAS YOUR CHILD EQUAL RIGHTS WITH THE CRIMI- NALS OF NEW YORK STATE?

The frequent occurrence of diphtheria at the New York State reformatory at Elmira led the superintendent and his medical staff to investigate its source. It was found on taking throat cultures of arriving prisoners that a considerable proportion of them harbored the diphtheria bacillus. When these new prisoners mingled with the healthy reformatory population epidemics of diphtheria started. An examination of all arrivals since November, 1910, revealed diphtheria bacilli in more than 80 out of 920 prisoners admitted. An isolation hospital had constantly to be maintained. In an effort to eliminate this source of infection the superintendent obtained an opinion from the attorney general of the State and instructions from the State commissioners of health which may involve rather far reaching consequences in relation to the rights of prisoners and the duties of the State and prison authorities regarding the protection of the health of the prison inmates. The attorney general expressed it as his opinion that "the health of prisoners sentenced to reformatories is as much a part of the public health, and they are entitled to as much protection from contagious diseases as any other portion of the public," and that it was up to the State board of health to take such steps as were necessary. On this opinion the commissioner of health instructed the superintendent to notify jails and penal institutions that before being sent to the reformatory prisoners must be examined to determine whether or not they are suffering from any infections or contagious diseases. The superintendent accordingly issued such instructions and required that, in addition to a general examination

for such diseases, a throat culture must be taken and a certificate of health attached to the commitment.

Prison inmates undoubtedly have their rights to bodily protection; so have people who are not in prison, too. It is compulsory to send children to school; the law in Asheville says so. Society condemns the parent who does not send his children to school, on the ground that he is wronging them and wronging society. The children in the school undoubtedly have the right to "protection from inmates with whom they are compelled to associate more or less closely" or from unsanitary conditions. We cannot conceive of a higher or more imperative duty of those in authority than to provide such protection. The citizen has the right to the same sort of protection, and it is his duty to himself and his family to demand it.

—Gazette-News.

## FOLLOWING ARE THE RULES LAID DOWN BY THE BOARD OF HEALTH IN REGARD TO DIPHTHERIA.

That for purpose of release when a microscopical examination of throat shows positive, another examination for release will not be made until four days have elapsed.

That for purpose of release two negative cultures will be required in succession, forty-eight hours intervening between.

Culture tubes are furnished free to doctors on application to the clerk of the Health Department, room 200 City Hall. When returned to the laboratory, the street address as well as name of patient and physician must be given.

On the recommendation of the Buncombe County Medical Society the following resolution was adopted:

"Inasmuch as experience has shown that a large proportion of those cases



where by ordinary methods of examination cultures from the throat are "positive" for diphtheria bacilli are the carriers of true diphtheria bacilli, and inasmuch as the Buncombe County Medical Society by resolution has given as its opinion that these cases unregulated are a menace to public health and should be subject to at least a modified quarantine, **Resolved** that the Health Officer be directed to placard the houses where all such so-called carriers live, and that they be required to stay on premises as long as culture from throat continues to give "positive" result: further, that other members of the same family be required to submit to bacteriological examination at regular intervals: further, that final raising of such modified quarantine be dependent upon two "negative" cultures from each member of the household

The 100 and more teachers in our schools, from the superintendent to the lowest grade teacher co-operate with the Health Department in the prevention of disease:

To show you how thoroughly the Superintendent of Schools and the teachers are co-operating with us in preventing the spread of diphtheria, we give below copy of a letter of instructions issued by Prof. Tighe, Superintendent of City Schools, to all his teachers. And I know that the teachers are carrying out these instructions..

To Principals:—"It is necessary now to take every precaution to keep contagious and infectious diseases out of your building. So far diphtheria cases have appeared in but two schools, but unless we are very careful it will scatter to others. Please observe the following:

1. Have janitors spray all desks and floors with disinfectant **daily before** sweeping.

2. Have all door knobs and stair rails sprayed or washed **three times daily**. Tell children not to use stair rails.

3. Do not permit children to exchange pencils, books, pens, or other supplies.

4. Let each child keep his own seat. Do not permit them to sit with others.

5. Do not permit them to hold hands in marching.

6. Have teachers to watch carefully for sore throats and other signs for sickness each morning as children arrive in school and send suspicious cases to you to be sent home if necessary. It will be safer to send them home if there is any sign of sore throat or fever.

7. See that your building is carefully swept and dusted daily by the janitor. There should be no dust in evidence in the mornings.

8. Have halls sprayed and swept after nine A. M., after the morning recess. In marching in and out, let there be no stamping or raising of dust.

9. Call your teachers together and begin a campaign now for greater care and greater cleanliness among the pupils and in the rooms. Do this all without making a scare among the children, teachers or parents.

10. The children should be encouraged to keep their mouths clean by brushing teeth and by gargling with salt water if nothing else. This work can be taken up in Hygiene lessons telling the children the necessity for such things.

See that the janitors make the disinfectant sprays the proper strength according to directions on the receptacles."

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"We are beginning to understand that some of the most dangerous foes to human life and health are not beasts of prey, venomous reptiles, or even wars. They are the insect and bacterial pests of our own households.



"Also, though bread may be the staff of life, that is no reason for handling it like a lot of kindling wood."—Health-ologist.

## WHICH IS THE MOST DANGEROUS, THOSE VERY ILL WITH DIPHThERIA, OR THE CARRIER.

Which is the most dangerous, the child sick unto death with diphtheria, or a child with diphtheria germs in its throat and apparently well?

Of course, the child sick and dying of diphtheria is a great menace to a community if the neighbors visit the home of the patient, or if the contagion as it comes from the nose and mouth of the patient is not caught on cloths and destroyed by burning or disinfection. But a child dying of diphtheria is not as great a danger to a neighborhood as a well child, with diphtheria germs in the throat, running about with playmates. The "carrier" of diphtheria germs is the principal factor in spreading diphtheria. A child dying of a contagious disease is shunned, but the door is open to all not sick and the "carrier" of contagion—one with germs in the throat acquired by association with a case of contagious disease—ignorantly and innocently conveys disease to those with whom he associates.

It has been demonstrated in the schools of Chicago that the "carrier"—a well child with diphtheria germs in the throat—is responsible for outbreaks of diphtheria. When a case of diphtheria is found in a school-room, cultures are taken from the throats of all the pupils in the room. Those found to harbor diphtheria germs are excluded from school and quarantined at home as "carriers" until a microscopical examination shows absence of the diphtheria germ. This practice has been effective in keeping diphtheria out of the schools. A similar practice, with a like result is reported by Dr. Frederick, Health Officer of Cleveland, Ohio, in the August number of the Monthly Bulletin of the State Board of Health of Ohio.

Keep in mind the fact that a patient

just recovered from scarlet fever, typhoid fever and diphtheria, is an unsafe person to come in contact with. The typhoid and diphtheria convalescent can learn definitely if he is freed of contagion by having a microscopical examination made. In scarlet fever we cannot tell when the contagion is absent from the nose, throat and other discharges; we must depend on time alone. It is best to isolate scarlet fever six weeks, though the patient may look and feel as well as before the attack. In diphtheria the department terminates the quarantine when two negative cultures are obtained from the nose and throat of the patient, and one negative from the attendant and other members of the family. It would be desirable to have all typhoid fever cases terminated by having a microscopical examination of the excretions. The typhoid "carrier" could then be kept from contaminating water, milk and other food supplies.

Mr. Citizen of Asheville, will you stop for a moment and think what the Board of Health and the Superintendent and teachers of our City Schools are doing to protect your child? You should at least be as much interested in your child as the officials of the Health Department and the schools. What are you doing to protect your child from diseases? Are you co-operating with these agencies in the protection of your child? Stop and think the matter over and act as your good judgment dictates.

## PRICE OF DIPHThERIA ANTITOXIN.

The State Board of Health has arranged to supply the people of North Carolina with Diphtheria Antitoxin at a greatly reduced price. They have made a contract with the firm of Alexander & Co., who are thoroughly re-

liable manufacturers, and of as good a reputation as any firm in the United States for the manufacture of this, as well as other products in this line. This Antitoxin is on sale at Smith's Drug Store of this city at the following prices:

1000 Units .....	\$ .50
3000 " .....	1.35
5000 " .....	1.95

It is only put up in these three quantities, and will not be sold at this price except for cash, as the margin to the retail druggist is exceedingly small and he cannot run any risk whatever of bad accounts.

This arrangement will save to the people of North Carolina enough money annually to pay the entire expense of the State Health Department. And Asheville will come in for a good share of this saving.

In addition to this saving in price to all the people, the County Health Officer, Dr. D. E. Sevier, can arrange for the County Commissioners to pay for this in case the patients or the family are entirely unable to do so.

Every one knows now that diphtheria antitoxin will cure practically every case of diphtheria provided it is used early in the course of the disease. The high price of diphtheria antitoxin made it prohibitive for poor people a few years ago, and one or more children in Asheville have died for the need of it. But this certainly need not occur again.

### DIPHTHERIA, AND HOW A FAMILY SHOULD MANAGE IT.

Diphtheria is due to a very small vegetable, known as a germ. These plants or germs don't grow in ordinary soil. But they grow well where conditions suit them.

They grow best in the throat of human beings — particularly children. When they grow in a child's throat they produce the disease we know as diphtheria.

If by any accident, some of these germs get transferred from the throat of a diphtheria case to that of a well child, they begin to grow and produce another case of diphtheria.

Good management of diphtheria has for its object the prevention of other cases. This is accomplished in two ways: 1st, by preventing any germs from the sick getting to the well: 2nd, by immunizing the well so they will not develop diphtheria even if they do happen to get a few germs.

A case of diphtheria in a family of children should therefore be managed as follows:

1st. As soon as a child complains of sore throat the family physician should be called. It may be diphtheria. If it is:

2nd. The sick child should have a large dose of antitoxin at once. The doctor will attend to this.

3d. Then the other children in the house should have immunizing doses of antitoxin. The doctor will attend to this also.

4th. The sick child should then be kept in a room to itself, and should be seen by no one except the doctor and the nurse.

5. All carpets, rugs, etc., should early be removed from the sick room.

6th. The doctor's advice should be carried out in detail.

7th. If the mother acts in the capacity of nurse, she must not turn this duty over to any one else, and must not leave the room.

8th. All eating utensils used by the patient should be taken from the sick room in a dishpan and have boiling water poured over them and be left to stand fifteen or twenty minutes, or better set them on the stove and boil them for 10 or 15 minutes.

9th. All bed linen, night gowns, and washables of every kind should be removed from the sick room in a zinc pail and be set on the stove and allowed to boil fifteen minutes, or soaked in antiseptic solution, which your doctor



will recommend.

10th. When the case is dismissed the room should be carefully cleaned, fumigated by the local Board of Health.

11th. REMEMBER, that if a trained nurse is in attendance she must not leave the room for any purpose.

12th. When quarantine is released the patient and nurse must have a thorough bath with soap and water, followed by a bath in a 1 to 3000 solution of Bichloride of Mercury, or other antiseptic solution, before leaving the room.

### THERE SHOULD BE NO DEATHS FROM DIPHTHERIA

No death is more inexcusable with our present knowledge of the disease and sure means of prevention and cure which we now possess than a death due to diphtheria. But because we are ignorant and conscienceless, the sins of the father are visited upon the children. One can hear their plaintive accusing voices asking, "Why have you willed us to die?" One can see the Spirit of Life piercingly looking through the closed eyes of the dead, shouting with burning indignation: "O, Man, what have you done to my children?" And what shall we answer? "Guilty" is the only possible plea. And how shall we make reparation? By stopping the slaughter and preventing needless sickness and death. How? Observe the following:

1. Keep your children away from every case of sore throat.

2. Report to the Department of Health every case of sore throat in your neighborhood that is not placarded.

3. If a case of sore throat occurs in your family, call the doctor at once.

4. Don't try home remedies, and don't wait for white patches in the throat. The worst cases begin in the nose and deep in the windpipe and show no patches.

5. If it is at all suspicious, antitoxin, and plenty of it, should be used at once. In doubtful cases it is best not to wait for a positive diagnosis; use antitoxin.

6. If you are too poor to pay for antitoxin, the State, through the County Health Officer will supply it without cost.

7. If a case of diphtheria is diagnosed in your family, have all the other children given antitoxin to prevent them from taking the disease.

### DIPHTHERIA POINTERS

Diphtheria death-rate in Chicago:  
For fifteen years **before** antitoxin:

144

For fifteen years **after** antitoxin:

38

When we all do our duty:

O

Why die from diphtheria? It is unnecessary.

Diphtheria + delay = Death.

Diphtheria works while you sleep.

Spare the cure, kill the child.

Diphtheria's worst enemy, Antitoxin; its best friend, To-morrow.

In the presence of diphtheria, get the Do-It-Now habit.

If in doubt, use antitoxin. Better be safe than sorry.

Keep well children away from children who have their throats tied up.

No human being will visit the sick and then associate with the well; inhuman beings do.

Don't break quarantine and spread diphtheria. In other words, **don't be a murderer.**

—Chicago Bulletin.

# THE PREVENTABLE PERILS SURROUNDING THE CHILD

One baby out of every five dies before reaching the age of two years.

About 80 percent of these deaths are from preventable diseases.



To break this Ring of Trouble  
More Men and More Money are required.

Department of Health - Chicago. Educational Series No. 99.

"The future of this country rests entirely with its children, and every effort must be made to see that the boy or girl shall not begin life—the only life he has—tragically shackled by the cursed of preventable disease or preventable ignorance."

# BULLETIN

OF THE

## HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 23

Entered as second-class matter, September 28, 1910, at the Post Office,  
Asheville, N. C., under Act of July 16, 1894.

Dec. 1912

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demands* that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



"THE most important resource of a State—its child life."

—Clarence Poe



"WE shall learn no lesson from the past more vital to our welfare than the lesson that it is the duty of every community to protect the lives and health of its people."



"BUT I believe that the conservation of men and women is of paramount importance in this world."

—William Jennings Bryan







any person, much less a dairyman, would buy a milk cow that had not been tuberculin tested and shown to be free from tuberculosis.

### POLICE SURGEON'S EQUIPMENT

Capt. R. L. Fitzpatrick, chairman of police committee, has provided the police surgeon, which being interpreted means the Health Officer, with accommodations for rendering first aid to the injured who may be so unfortunate as to land in the city jail—This consists of dust proof glass case for dressings, medicines, etc., sterilizer, towels, wash basins etc. etc.

When the concrete floor of the city jail has had the finishing touches applied, we will have a city jail that is thoroughly sanitary from every respect, and we will be able to give our prisoners as good care and attention as any jail to which they might go—But—don't all come at once.

### GOV. CRAIG INTERESTED IN HEALTH WORK.

We predict that the next four years will be epoch-making in the history of our state. Our chief executive is too great and too good to fool with petty politics. He desires to do things, to accomplish things that will be of real benefit, of lasting benefit, to the people of his state, who have honored him. We expect, therefore, his administration to be sanely progressive. Among the important measures that claim, yea, demand attention of our state administration is the Public Health. We must go forward in our public health work—the first duty of our state is to protect the lives and health of its citizens. The governor-elect, I know, and the Legislature, I believe, are in hearty accord with this sentiment, and we confidently expect the next four years to bring great advances in Public

Health work. It's up to the next Legislature to make a move in this matter.

### THE WHOLE-TIME HEALTH OFFICER.

Hon. J. Y. Joyner, State Superintendent of Public Instruction, favors a law allowing the school boards to pay part of the health officer's salary when a reasonable portion of his time is used in the interest of the public schools and public school children.

Dr. Joyner realizes, and all educators realize, that a child cannot do good work with a diseased body, much less a diseased mind.

There will probably be no opposition to the enactment of this law.

### COMPULSORY EDUCATION.

There is a strong sentiment throughout the state for a 6-months school term in every school district and a state wide compulsory school law. Wise, very wise, this. But—if we compel a child to go to school—and we should—we are in honor bound, in duty bound, to protect the health of this child while at school.

It is the duty of the state to see to it that the child does not contract diphtheria, smallpox, scarlet fever, measles, whooping cough, tuberculosis, or any other disease while attending school, where we require him to go. It's the state's duty to see to it that he receives no bodily harm while attending school, and that means protection from injury on account of preventable disease, just as much as it does protection from the ruffian's bullet, or the delusions of an insane person. The officials of the state of New York see to it that their criminals are protected from preventable disease—are our school children not as good as they? We need no new laws to protect our school children from preventable disease, but we perhaps do

need an enlightened public sentiment, especially among those who fix the salary of the health officer.

The school house and surroundings as well as the school children should be under the supervision and direction of the health officer, and he should be paid for his services.

### CERTIFIED MILK FOR ASHEVILLE

The Buncombe County Medical Society, always showing an intelligent interest in public health affairs in Asheville and elsewhere, has appointed a "certified milk commission" composed of Drs. A. W. Calloway, Carl V. Reynolds, Joseph B. Green, Lewis W. Elias and L. B. McBrayer. Incidentally, it may be remarked, that the only way to form a certified milk commission is through the local medical society as was done in this instance. It is the duty of this commission to supervise in detail any dairy that desires to produce "certified milk." That is, they must inspect in person the dairy farms, cattle, pastures, milk men (milk maids are not used now), and the families of the milk men, the handling of the milk from the time it is drawn from the cow until it reaches the consumer,—etc., etc., and see that all these come up to the standard laid down by the "American Association of Certified Milk Commission." For example, the milk men must stand a physical examination by the physician appointed by the "certified milk com." to see first that they are entirely free from disease, and second, that they are not "carriers" of any disease, such as diphtheria, typhoid, etc.—Then the families of the milkmen are looked after at stated intervals to see that they are constantly free from disease of any kind that might be carried by the milk man through the milk to the consumer. The cows producing this certified milk are looked after even more closely—of course they are tuberculin tested; cer-

tainly, for no milk is allowed to be sold in the city of Asheville, unless it comes from tuberculin tested cows—Their health is carefully looked after by the expert inspector of the commission, and no cow that shows any signs of disease will be allowed to remain in the herd. The cows producing certified milk must not be allowed to run in paddocks or pastures except those examined and approved by the commission—and no cow in the herd producing certified milk will be allowed to associate for a moment with any cow not belonging to her herd, regardless of the pedigree or high social standing of such visiting cow.

The bacterial count in certified milk must constantly be below 10,000 per cubic centimetre (15 drops). The handling of the milk is looked after even more closely than the cows and milkmen, and the rules in regard thereto are stricter, if possible.

When you use "certified milk," you know that it is not only clean and wholesome in every detail and in every respect, but it is, like the virtue of a woman, above suspicion. "Certified milk" will be put on sale in Asheville in the spring; at present there is no certified milk sold in the state of North Carolina. We are glad for Asheville to lead in this, but we trust that other cities in the state will soon follow.

#### Is It Worth While?

Well, yes. It has been found that a very large per cent. of all diarrhoeal diseases in children are caused from drinking unclean milk, which means, among other things, milk with a high bacterial count, milk that has not been properly handled, milk that has been handled by careless or untrained milkmen, or both. In New York it has been demonstrated that 300 per cent. more children die among those who do not, than among those who do use "certified milk." Besides, it would seem that anyone would prefer to drink milk that is clean, even "above suspicion," than the other kind.



### Will It Cost More?

Why, certainly! You can buy oats at 60 cents per bushel, but when the grains are carefully mashed and separated from the husks, and put up in nice clean boxes, and called "Oat Flake," you pay more for it. You can buy wheat at \$1.00 per bushel, but when it is carefully cleaned and cracked, and roasted, and put up in packages and called "Cracked Wheat," or "Wheat Hearts," you pay more.

The dairyman who has agreed to furnish this certified milk, produced according to the rules of the certified milk commission, estimates that it will cost him considerably more to produce this "certified milk"—perhaps \$2,000 or \$3,000 more per year—than the milk he is delivering now, although he is delivering a very fine quality of milk. He could not be expected to stand this extra expense without charging more for his product, any more than Mr. Collins could be expected to select, crack and roast his wheat and put it up in nice clean packages of "Wheat Hearts" and sell them at \$1.00 per bushel, the cost of ordinary wheat. It remains to be seen whether or not the people of Asheville prefer to use the cleanest of clean milk and are willing to pay the cost of producing the same. This we do know, that a considerable number of summer visitors stay away from here every summer because they cannot procure this quality of milk for their children.

We have been disappointed in our people in regard to wrapped bread. We made arrangements with two of our bakeries to remove the bread from the pan in which it was baked with a clean trowel and wrap it in clean paper, never allowing it to be touched by human hands after it was baked until it reached the consumer, and the people of Asheville would not use it, preferring to have their bread handled like kindling wood. It remains to be seen whether or not they will use "certified milk." We believe they will.

### CLEAN MILK IS WORTH WHAT IT COSTS.

"A dairy that scores below 70 should be excluded from a town, as the equipment counts for such a small portion of the total score that there must be gross carelessness or neglect of sanitary methods to cause a score to fall below that figure.

In the last report mention was made of the fact that for an increase of one cent a quart in the price paid to the farmer for his milk unlimited quantities could be obtained in New York State from herds free from tuberculosis and stabled under sanitary conditions. This plan of paying the farmer for doing what is required of him was tried out in New Jersey during the past year, and it was found by the company that adopted the method that for an increase of a fraction of a cent a quart over the exchange price that there was no difficulty whatever in obtaining a high grade milk. This fact must be recognized in any community in which an effort is being made to improve the milk supply; that good milk, like good meat or any other article costs more than poor milk, and the farmer who produces the milk, and not the middleman, should receive whatever slight increase may be made in the price to the consumer."

### THE IMPORTANCE OF CONSERVATION OF HUMAN LIFE.

(By W. J. Bryan)

W. J. Bryan, in his lecture here December 18, had the following to say in regard to the conservation of human life:

"In the spring of 1909 I attended the conservation congress of the governors and the congressmen. It was a great meeting and did great good. There was much about the conservation of our resources, our forests, and



a great deal was said of the coal supply. I would not do one thing to stop the good work done.

"But I believe that the conservation of men and women is of paramount importance in this world. And we do not hear much about it. We are not industrious as we should be."

Mr. Bryan declared that the man who would handicap his child by withholding it from school and thereby render it unequal to the educated child, is as bad as the man who would cut off the hand of the child and cripple it in the physical warfare of the world. "It is a false system of justice that can bring before you a man who owes you two dollars and make him pay you, but can't force him to give his child an equal chance in the world," he said.

Knowledge gained by personal experience is the highest priced commodity in the world. Knowledge gained by the experience of others is cheap, but difficult to impart and very slowly absorbed by those who are not trained thinkers. Many people are unable to arrive at a correct conclusion because reason is bound and shackled by prejudice. Many others have their mental vision clouded by the dollar mark, and still others are so constituted that they base conclusions on exceptions to accepted rules.

San Francisco failed to see plague-infected rats and human beings because the dollar mark obscured their vision. Trade would have been "hurt." The result was a large number of deaths, the infection of rodents outside of the city and a permanent foothold for the plague in this country. San Francisco preferred to learn by experience. In the meantime the general government is footing the bills which run into the millions, and "the end is not yet."

A few years ago one of our Southern cities refused to acknowledge the presence of yellow fever. It would have "hurt trade." The dollar mark loomed

large and near at hand. Greed was in the saddle and Death rode by his side. Result? The graveyard reaped a harvest, commerce suffered from a stroke of paralysis and a few reputations suffered a permanent eclipse.

New Orleans had nothing to excuse her, for her history was one of pestilential invasion for a hundred years.

Tragedies on a smaller scale are being enacted almost every day in every part of this country. They excite no comment, or are dismissed with a brief notice which hides a tragedy as gruesome as any "trunk mystery" that ever challenged the attention of the sensation-loving public.

Individually they seem small and commonplace. Collectively, they loom above the results in San Francisco and New Orleans, as Mount McKinley does above the surrounding foothills.

The death certificates, instead of assigning diphtheria as the cause of death, should read, "Ignorance and Neglect," and should be signed by "Dr. Delay."

How long will it take for the people to learn that every case of sore throat may be diphtheritic, no difference how mild it may appear; that many cases of virulent diphtheria are located in the nose where membranes are difficult to see; and that prudence demands that every case of sore throat be given the benefit of the doubt and be seen by a physician.

During the past two weeks three small children have been sacrificed in this city. All of them died of slow suffocation due to laryngeal diphtheria. None of them had a chance for life, for while they struggled and fought for breath, Ignorance and Neglect and Delay "marked time," looked wise and gravely nodded their empty heads.—Cincinnati Health Bulletin.

Despise the wretches who break quarantine and slaughter little children. Smite them. If you can't, tell us, and we will.



## SOCIAL CENTER IMPROVEMENT

### Why Not Make Your Neighborhood a Desirable Place to Live..

We are born at home, we live at home, we lay down our lives at home; there our domestic joys and sorrows come and go; therefore, the comfort and economy of home are of more intimate, heart-felt and personal interest than the public affairs of all the nations of the world. The community is the home in a larger sphere. It is in the community that those friendships and personal ties are formed, and where our lives are most felt. It is in the community that we can make our own environment. The character of a community is an index to the character of those composing it, for the community is a reflection of its composite citizenship. My community is, in part, what I am. One man of character and force can change the conditions of a community, provided he has the material capable of sensible development. All social development depends on co-operation, wrought through convention and agreement.

Quality is improved by effort. Importance is a question of quality. The importance of the individual is a question of quality. Quality is made up of character and availability. Everything in the commercial world is bought and sold on quality. Prices range up and down on quality. People are employed on quality. Wages are gauged on quality. The quality of the citizenship of the race determines its destiny. Civilization is based on quality.

The individual is the unit of society. The home, the community, the nation, and the world follow in the scale of influence. A community that cannot rise above lethargy, indifference, envy, jealousy, strife, etc., is a dead community—there is no future for it. There is not a community in the

world that has not the opportunity to improve itself, if it wants to. There is always another problem ahead of the aspiring, ambitious community. There is no such thing as coming to the end of accomplishment. The condition of a community represents the high-water mark of its citizens. A nation is not great because of extent of territory, showy buildings or leadership, but it is great or insignificant as the communities composing it are strong or weak, intelligent or ignorant, noble or vicious, progressive or degenerate, determined or vacillating, homogeneous or discordant, loyal to principles or traitorous and unscrupulous. Looking for somebody to do something for you is to play the fool. A community incapable of doing something for itself is incapable of giving orders for others.

What is it that your community needs that you could get it to work on? Is there no worthy enterprise it could engage in? Has it all of those things that distinguish an enterprising people? Has it the best school in the county? Has it good roads? Has it the co-operative spirit? Does it render the greatest possible service to its young folks? Is it intensely interested in itself?

Really, do you **CARE?**—Progressive Farmer.

The little that some "thrifty" (?) people keep from the doctor, they give to the undertaker, and then some.

To keep the undertakers busy, neglect the "simple sore throats."

Be on the alert; make the undertaker wait.

A constant diphtheria neighborhood is a loose neighborhood; it is a bad neighborhood. Move out.

Our first duty to ourselves is to keep well.



# Eternal Vigilance is the Price of Good Health

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AMERICAN MEDICAL ASSOCIATION PRIZE CARTOON SERIES

"I DRINK TO THE GENERAL DEATH OF THE WHOLE TABLE"

## This Does Not Occur in Asheville